



Answer all or one of the prompts below. See where your mind and heart will take you if you let yourself write without a filter. Try to keep your hands moving the whole time. It doesn't matter if you miss spell words or create a sentence that doesn't make sense. Give yourself permission to find your breath and find freedom and awakening in your reflection.

1. What does 'love' mean to you? Describe it in as much detail as you can.

2. How do you know you are giving love? How do you know you are receiving love?

3. What does practicing self-love look, sound, feel, taste and smell like?

4. How do you show the people in your life that you love them?

5. What part of your mind/body/spirit is calling for more love and attention?

6. Is it possible to love too much? If so, what happens? If not, what does that get to look like?

7. How do you know if you are in love?

8. What does it look like to be love?