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Practice Happiness...by Loving Others 10 Powerful Ways to Communicate & Experience Love

The purpose of this worksheet is to reinforce the principles of love taught in *Practice Happiness by Loving Others: 10 Powerful Ways to Communicate and Experience Love* (BeHappyforLife.net). It is designed to help you deepen your understanding of love and improve the way you communicate love that will enhance your overall experience of love in your life.

This worksheet is divided into three sections: Section A is a review. You will be asked questions that correspond with Part Eleven: *Love is Sincere*. They will be in a question and answer format. Once you have finished, you can check your answers with the *Worksheets Answer Key* at BeHappyforLife.net. Section B is the journal of reflection. These questions are from the reflection section of *Love is Sincere*. Here you will be provided with space to record your thoughts and answers. Section C closes with the empowering thought and affirmation that will reinforce the key principle of *Love is Sincere*.

Allow yourself the necessary time to develop a thorough understanding of the material presented in each section. You might want to go through one section per week or however long it takes until you can incorporate the principles taught into your daily life. As you work through this material, you will find that you will be more conscious of the way love is communicated to you and by you. And you will also develop a greater understanding of how to be more effective in your demonstration and expression of love. This process will take time, but it is an experience that will forever improve your life and relationships.

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Part Eleven:

Love is Sincere

Section A: Review

1. Everyone wants to be loved for _____ .

2. When is sincerity most evident?

3. What destroys trust?

4. What do we question when trust is lacking in our relationship(s)?

5. Sincere people can be counted on to be _____ and _____.

6. When we are sincere, we can be our _____ and not be phony.

7. If we are sincere, we will not take advantage of others' _____ or _____.

8. Dependability and consistency in our _____ and _____ demonstrates sincerity.

Section B: Journal of Reflection

1. What does it mean to be loved sincerely or genuinely?

2. Do I believe I am sincerely loved? By who? How do I know?

3. Can love be true without honesty? Why or why not?

4. What motivates me most to say and do the things I do for others?

5. In what ways am I not my true self and give a false impression of who I am?

6. Can others trust me to mean what I say when I compliment them or share my thoughts and feelings?
