

# BeHappyforLife.net

## 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](http://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 Three: *Love is Patient*. 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](http://BeHappyforLife.net). Section B is the journal of reflection. These questions are from the reflection section of *Love is Patient*. 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 Patient*.

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 Three:*

*Love is Patient*

**Section A: Chapter Review**

1. How do everyday challenges affect our patience?

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2. Patience is a \_\_\_\_\_ demonstration of love. What does that mean?

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3. When you are patient, you are in no \_\_\_\_\_.

4. Patient people persist in believing without \_\_\_\_\_.

5. Why is patience willing to wait?

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6. Patience is accepting. What does it not try to do?

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7. What is patience commonly known as? \_\_\_\_\_.

8. Is patience a quality we can all have? Explain.

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## Section B: Journal of Reflection

1. How understanding and tolerant am I with people in my life?

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2. Do I persist in the face of difficulties or setbacks? Explain.

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3. How do I manage times of delay and waiting?

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4. What tries my patience more than anything else? How do I respond?

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5. What do I expect from others that keeps me from being patient with them?

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6. On a scale of 0 to 10, with 10 being “completely” and 0 being “not at all” how would I rate my overall level of patience?

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7. Is there someone in my life that I need to be more patience with? What can I do differently?

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**Section C: EMPOWERING THOUGHTS & AFFIRMATIONS...**

Life is filled with obstacles and imperfect people that hinder our plans, slow us down, and annoy us.

I can accept life as being imperfect. I can allow myself and others to have flaws.

*Notes:*

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