

# 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 Five: *Love is Considerate*. 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 Considerate*. 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 Considerate*.

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 Five:*

*Love is Considerate*

**Section A: Review**

1. How do people expect to be treated if they are truly important to someone?

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2. How is consideration demonstrated?

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3. Consideration is expressed in the way we say and do things. It is in our tone of voice, \_\_\_\_\_ and \_\_\_\_\_.

4. What does it mean to “consider”?

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5. We are considerate when we put others needs \_\_\_\_\_.

6. What does consideration require more than anything else?

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7. What do we spend a great deal of time thinking about?

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8. What do we choose to invest in others when we are considerate of them?

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## Section B: Journal of Reflection

1. To whom and in what situations am I most considerate? Inconsiderate?

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2. Do I believe people should all be respected? Do I think they need to earn respect? Explain.

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3. Do I consider others' feelings and needs when making a decision that affects them? Why or why not?

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4. Would people describe me as polite and courteous? Why or why not?

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5. Who do I feel is thoughtful of me? How does that make me feel?

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