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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 Seven: *Love is Humble*. 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 Humble*. 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 Humble*.

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 Seven:

Love is Humble

Section A: Chapter Review

1. Instead of drawing attention to themselves, what are humble people drawn to?

2. What two things do humble people *not* need to feel good about themselves?

3. Humility is love _____.

4. A genuinely humble person doesn't think they are _____ or more _____ than other people.

5. Being humble doesn't mean allowing others to take advantage of you or having a lack of _____.

6. What is humility sometimes confused with?

7. What does it take to live a life of humility?

8. It is easier to defend ourselves and _____ others than it is to humble ourselves.

9. What are we forced to face when we are wrong?

Section B: Journal of Reflection

1. Did I have pre-conceived notions of humility that were inaccurate? What does it really mean to be humble?

2. Do I know anyone who communicates their love through humility? Give examples.

3. What do I find most challenging in expressing love through humility?

4. What attributes of humility do I most admire? Why?

5. Do I want to be a more humble person? What areas of my life need the most work?
