

Day 19 Love

Quote

Feeling grateful or appreciative of someone or something in your life actually attracts more of the things that you appreciate and value into your life. Christiane Northrup

Bible Verse

The second is this:

'Love your neighbour as yourself.'

There is no commandment greater than these." Mark 12:31

Dear friends, since God so loved us, we also ought to love one another. 1 John 4:11

Inspiration

Love Story

<http://www.youtube.com/watch?v=IP8psM4LWXk>

Gratitude link

Pay It Forward

http://greatergood.berkeley.edu/article/item/pay_it_forward/

To think about or journal

Do you consider yourself to be an emotional person?

We often concentrate on our negative emotions. Today let's concentrate on our positive emotions such as love, compassion, enthusiasm, joy, happiness, desire, wonder.

Which of these (or any other positive emotions) are you thankful are part of your personality?

Action

Say thank you (and mean it) when the people close to you (including children) do the menial tasks of everyday life.