

Name _____

Date _____



Reflecting on Love



After practicing heartfulness for a loved one and reflecting on why you love them, **choose one item** below that represents or expresses your love for this person or animal. Use the sample templates below for extra guidance.

- Write a letter to this person or pet on why you love them and why you are grateful for them.**
- Write a poem that expresses your love for this person or pet who you care for deeply.**
- Draw or create a symbol of your love for this person and write down how this symbol represents your love for them. When you are done, you can either keep it for yourself or to give to your loved one.**

Sample love poem template:



_____ (Title)

by _____

I love you because...

I love you because...

I love you because...

I love you because...

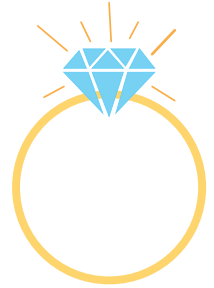
All of these ways and so any more...

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Draw or create your symbol of love in the box below.

How does this symbol represent your love for this person?
