



## Love Agenda

What do I need from love?

If my Mom had only given me \_\_\_\_\_

If my Dad could have been more/less \_\_\_\_\_

What are the ways you feel you were short changed, ripped off or screwed by love?

Love is the doorway into the soul's reality

**Now it's time to live from your truth, not your agenda:**

Make a list of the ways you were NOT loved or what went wrong:

All ways you were NOT loved	What went wrong

Take this list outside to burn it in a protected and safe space.  
As it burns, say, *"I release you. I am grateful for what you gave me, but I am done being small about my love."*

Make sure all of the paper has been consumed by the fire.