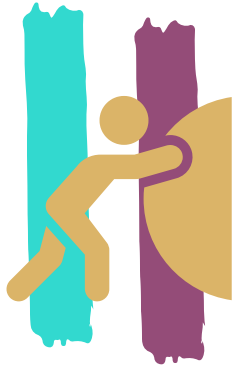


# BETWEEN YOU AND LOVE



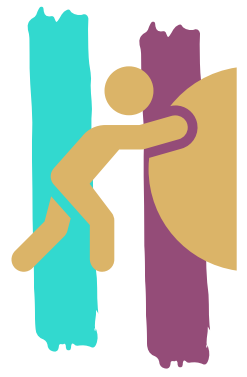
## THE ULTIMATE SOULPRENEUR SURVIVAL GUIDEBOOK WORKSHEET

Love has been misunderstood as weakness for a long long time. As you've read in the book, it's actually far from weakness. Love takes strength, conviction, courage, work, patience, and many other elements to come through. It eventually flows, easily, and powerfully. But first you need to get rid of the reasons or excuses that get in the way between you and love.

### 1. MAKE A LIST. WHAT DOES LOVE TRANSLATE TO IN DIFFERENT AREAS OF YOUR LIFE?

- Loving my body.
- Loving my home.
- Loving my workspace
- Loving my family (do this with each of your close family members).
- Loving my work tools.
- Loving my partners or co-workers
- Loving my boss.
- Loving my clients-customers.
- Loving my town-city.
- Loving my neighbors.
- Loving strangers.
- Loving drivers, pedestrians, and vehicle operators.
- Loving people from other countries.
- Loving people who create the products I use.
- Loving people who serve me (restaurants, stores, services, etc.)
- Loving people I disagree with.
- Loving politicians.
- Loving people who hurt me or others.
- You can add other categories that you have in your life, like teammates for a sport or organization; men, women, older people, authority figures, etc.

# BETWEEN YOU AND LOVE



## 2. LOOK AT EACH ITEM. WRITE NEXT TO IT WHY YOU HESITATE TO MAKE IT HAPPEN.

Use sentences with "feeling words". For example:

"It makes me feel anxious to let my kids be themselves because I feel afraid that they will be unsafe."

Or

"I am afraid people will think I'm weak if I don't yell or use harsh language when I give commands."

You could also write what needs to happen for you to choose love in those environments. Let's say in "loving your body" you find you need to exercise more, or feed it better.

"I need to buy more vegetables and find more local vendors."

"I will to take the stairs as opposed to the elevator."

## 3. USE TAGS OR NUMBERS

### A) YOU CAN START DOING RIGHT AWAY.

Would include things, activities, and events that you can start doing right away.

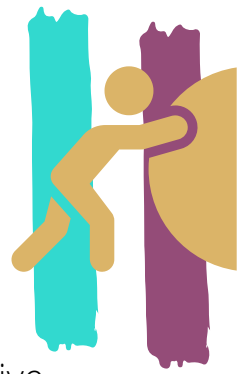
For example, for me to love politicians I need to see them as imperfect humans like myself, with traumas, needs, good and bad moments. That is something I can do right away, start now, and keep track of progress. For me to love

### B) I CAN START BUT IT WILL TAKE TIME.

This includes things that require previous actions, or maybe other people involved.

For example: Loving people from other countries. You may decide you need to travel, or meet more of them. You can start finding opportunities, but it may not happen right away.

# BETWEEN YOU AND LOVE



## C) I NEED HELP TO MAKE IT HAPPEN.

Some love opportunities are deeply connected to personal or collective trauma. You may need to dig deeper and face more engrained ideas, feelings, and situations.

You may require a support system, a friend, or even a therapist to go there.

Loving your body, for example, may require you to visit a doctor or find new solutions to an existing problem. Loving a family member, may require an intervention, therapy, or even legal action.

## ADD TO THOSE ALSO RELEVANCE TAGS:

### \*\* ESSENTIAL \*\*

Things that you have noticed may directly affect your daily living habits, safety, mental or emotional health.

## GET TO WORK!

As you do this exercise, you will notice that many of the things standing between you and love are just simple excuses or mind-tricks that you've embraced.

You will also find things that you have kept away or even suppressed for deeply painful reasons. This is part of your personal-growth process. Do not push it, and don't be hard on yourself.

Somethings may seem obvious after doing this exercise, but they weren't as clear as you went through your daily routines. At any rate, start with immediate, simple actions. Also address your ESSENTIALS as soon as possible. You'll see they help you unlock many apparently unrelated items in your list.