

Activity 5: Demonstrating Unconditional Love

Use to develop clarity on how to enhance your self-love and unconditional love for other and our world.

Part 1: Self-Love: Do you love yourself unconditionally?

Below check off ways that you demonstrate that you love yourself unconditionally-regardless of your flaws and mistakes. Circle ways that you want to do better and use the "My Plan" section below to outline specifically what you can do.

Establish and enforce boundaries	Get enough sleep	Maintain balance
Set realistic expectations	Relax when needed	Forgive yourself
Stand up for yourself	Take care of yourself with exercise, good nutrition, and good hygiene	
Allow yourself to say no	Other ideas:	

Note: If you don't feel that you unconditionally love yourself – Know that YOU are lovable and that only you can change your mindset. You cannot be truly well or happy if you don't love yourself. Start today by repeating at least three times, "I am not perfect, but I am lovable and love myself" and then consider forgiving yourself for any past challenges and picking at least two of the suggestions above (or creating your own ideas) and write what you will do below.

My Plan:

1.

2.

Part 2. Boundaries

Boundaries are *unofficial rules about what should not be done; limits that define acceptable behavior*. Establishing limits and enforcing them is one of the most difficult aspects of loving yourself. Creating boundaries involves at least six steps:

1. Respect yourself
2. Decide what your core values are.
3. Change yourself (even if you can't change others).
4. Decide (write out) the consequences ahead of time.
5. Let your behavior, not your words speak for you.
6. Say what you mean and mean what you say (integrity).²³

²³ K. Obrien, "6 Steps to Set Good Boundaries," Mindbodygreen, 2014, retrieved on June 10, 2016, from <http://www.mindbodygreen.com/0-13176/6-steps-to-set-good-boundaries.html>

Is there a situation in which you know you need to establish effective boundaries?

With who? What specifically is the problem, what boundaries and consequences will you establish, and will you let the other person know? How will you stick to your consequences?

Part 3: Unconditional love.

Unconditional love includes genuine acts of kindness, loyalty, patience, faithfulness, forgiveness and truth *without any consideration of what you may get back*. Acts can be random or purposeful; small or significant, to someone you know well or don't know at all. It requires balancing self-love with unselfishness, so that one does not become a liar, a continual people-pleaser, or a slave subject to others' whims. It includes "tough love:" gently administered, without judgment, communicating truth and consequences of another's actions, so they can learn and grow. It also includes civic and environmental consciousness.

Love for others.

List at least 3 people you unconditionally love and then what you do (or not do) to demonstrate your love is unconditional?

Name	Actions
1.	
2.	
3.	

Love for others and the future of our world.

How do you show your love for our world and the people in it? Consider how you can give your time and resources with no strings attached, to other people (i.e. community), to organizations and natural resources, both currently and in the future.

**The results of this activity can also be utilized as component to Activity 17.4. Fully Contributing.*

Community

Organizations

Natural Resources

Current

Future

Remember that this is your decision; you are not required to do anything.

You are encouraged to share with your significant other(s) if your outreach is new and affects him or her.