

# THE TO BE LOVE PROJECT



NAME:

UNIT: WHAT DOES IT  
MEAN TO LOVE  
YOURSELF

TOPIC: PAY ATTENTION

## FIND 3 LOVE QUOTES/ LOVE SONGS

QUOTE/LYRIC 1:

QUOTE/LYRIC 2:

QUOTE/LYRIC 3:

## THE LOVE LETTER: REDUCE STRESS LEVELS

--ADDRESS YOUR LOVE LETTER TO  
THE NAME OR AFFIRMATION YOU  
DESIRE. FOR INSTANCE, DEAR LOVE,  
DEAR PROGRESSION, OR SIMPLY  
DEAR [INSERT NAME]

- TELL YOURSELF WHAT YOU  
ACCOMPLISHED
- TELL YOURSELF WHAT YOU STILL  
WANT TO WORK ON
- INCORPORATE YOUR LOVE  
QUOTES FROM ABOVE IN THE  
LETTER

ANSWER 1: REDUCE STRESS LEVELS

- TELL YOURSELF A JOKE IN THE  
LETTER
- SHARE WITH YOURSELF SONGS  
THAT HAS THE POTENTIAL TO  
MOTIVATE YOU IN A SLUMP

WRITE YOUR LETTER (  
USE A JOURNAL OR  
WRITE HERE)

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