

THE TO BE LOVE PROJECT



NAME:

UNIT: WHAT DOES IT
MEAN TO LOVE
YOURSELF

TOPIC: FORGIVENESS

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

CHOOSE A,OR B

A: WRITE A CLOSURE NOTE FOR AN
UNRESOLVED CONFLICT WITH
SOMEONE ELSE

B: WRITE A CLOSURE NOTE FOR AN
UNRESOLVED CONFLICT WITH
YOURSELF

WRITE YOUR LETTER (USE A JOURNAL OR WRITE HERE)
