

# 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: PAY ATTENTION

--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: PAY ATTENTION

- EXPLAIN TO YOURSELF WHY YOU  
CHOSE THE PICTURE IN THE  
ACTIVITY FORM

EXPLAIN TO YOURSELF YOUR  
METHODS ON BEING SURE YOU  
CONTINUE TO PAY ATTENTION  
TO YOURSELF

## WRITE YOUR LETTER ( USE A JOURNAL OR WRITE HERE)

---

---

---

---

---

---

---

---