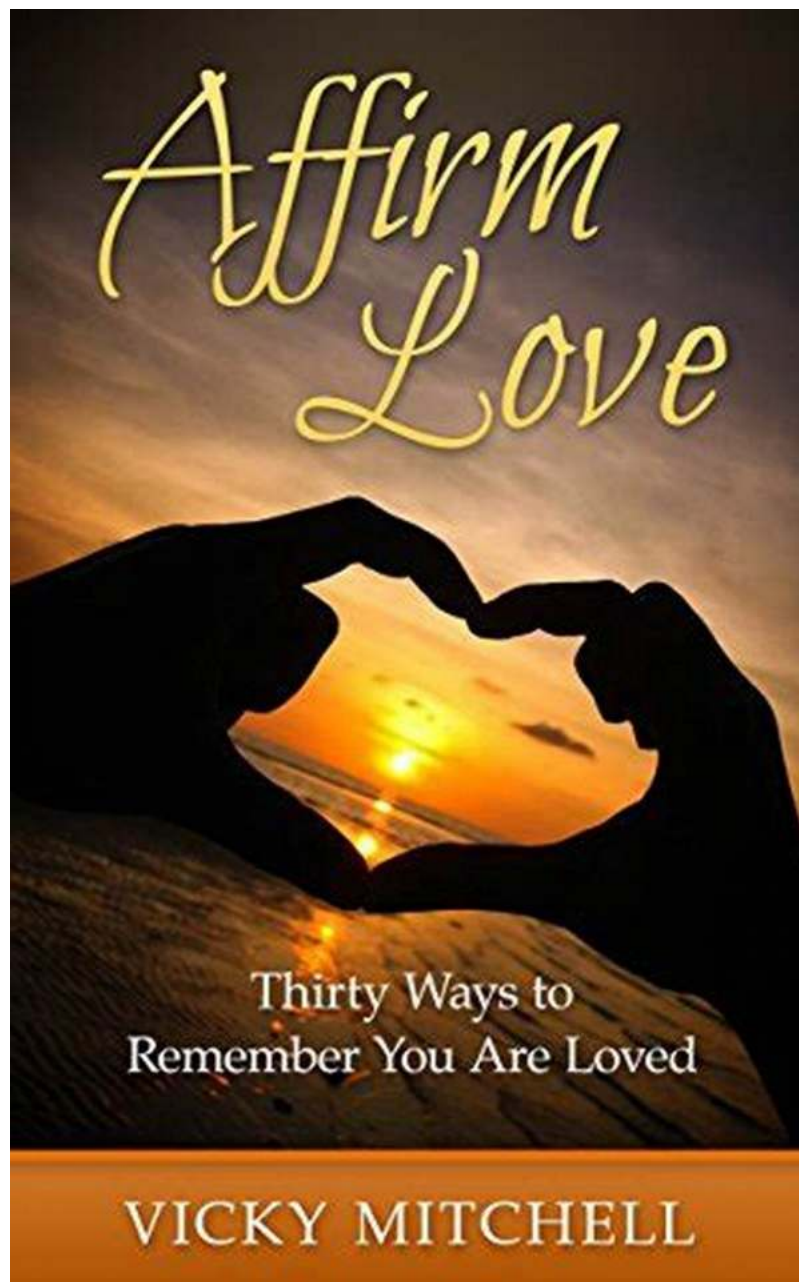


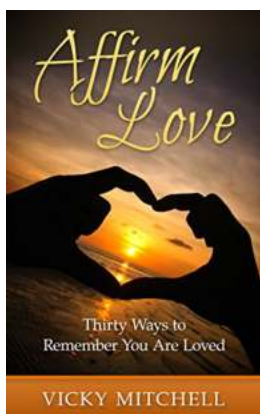
# Thirty Ways To Remember You Are Loved



Feeling loved is an essential aspect of human existence. It reminds us that we are not alone, that our existence matters, and that there are people who truly care for us. However, the chaos of daily life often makes it easy to overlook or forget this simple truth. It is crucial to actively remind ourselves of the love that surrounds us, especially in moments of despair, doubt, or loneliness.

## 1. Reach Out to Loved Ones

One of the most effective ways to remember you are loved is by reaching out to your loved ones. Call or visit someone who cares about you. Engaging in a meaningful conversation and sharing your thoughts and feelings will undoubtedly remind you of the love and support you have in your life.



### Affirm Love: Thirty Ways to Remember You Are

**Loved** by Vicky Mitchell (Kindle Edition)

★★★★★ 5 out of 5

Language	: English
File size	: 8295 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 37 pages



## 2. Surround Yourself with Positive People

Surrounding yourself with positive people is a great way to boost your self-esteem and feel loved. Spend time with friends and family members who radiate positivity and make you feel special. Their love and encouragement will remind you of your worth.

## 3. Practice Self-Love and Self-Care

Loving yourself is crucial in remembering you are loved. Engage in activities that make you happy, take care of your physical and mental well-being, and indulge in self-care practices. Nurturing yourself will remind you of the importance of self-love and help you recognize the love within you.

#### **4. Reflect on Past Acts of Love**

Take some time to reflect on past acts of love that you have experienced. Recall moments when someone went out of their way to show you love, support, or kindness. These memories will serve as a powerful reminder of the love you have received in your life.

#### **5. Keep a Gratitude Journal**

Keeping a gratitude journal is an effective way to remind yourself of the love and blessings in your life. Write down at least three things you are grateful for each day, focusing on acts of love and kindness you have received.

#### **6. Engage in Random Acts of Kindness**

Performing random acts of kindness for others can increase your own feelings of love and connectedness. Whether it's helping a stranger, volunteering, or surprising a loved one with a thoughtful gesture, these acts of kindness will remind you of the power and beauty of love.

#### **7. Practice Mindfulness**

Mindfulness allows you to fully immerse yourself in the present moment and appreciate the love that surrounds you. Take a few minutes each day to focus on your breathing, observe your surroundings, and acknowledge the love in your life.

#### **8. List Your Qualities and Accomplishments**

Make a list of your qualities and accomplishments. Recognize and appreciate the strengths and talents that make you unique. By acknowledging your own worth, you will find it easier to remember that you are loved.

#### **9. Create a Support Network**

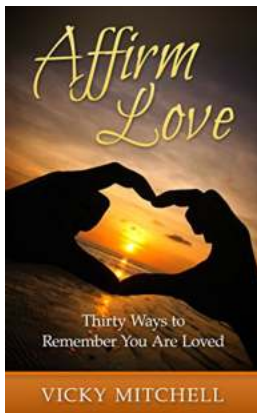
Build a support network of people who genuinely care about you. Surround yourself with friends, family, and mentors who will provide you with love, encouragement, and guidance when needed.

## 10. Embrace Affectionate Gestures

Embrace and appreciate affectionate gestures from your loved ones. Whether it's a hug, a kiss, or a warm smile, these acts of affection are reminders of the deep love and connection you share with others.

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Remembering that you are loved is crucial for your overall well-being and happiness. Incorporating these thirty ways into your daily life will help you appreciate the love that surrounds you and remind you of your inherent value. Never forget that you are loved and cherished by others.



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Affirm Love: Thirty Ways to Remember You Are Loved

Photographs and affirmations to help you feel better by noticing signs of love and acknowledging them.

Inside you will find: Ways to look at objects and see love.

Love affirmations.

Become aware of your thoughts about love.

This book shows one of my health tools that I teach my clients which is seeing and walking through life with love.



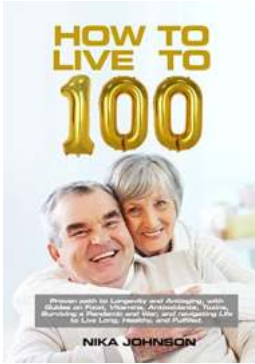
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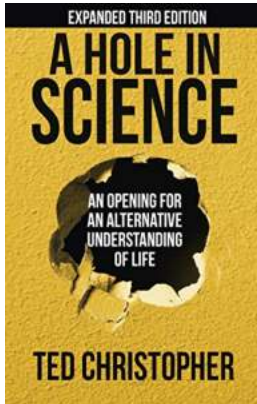
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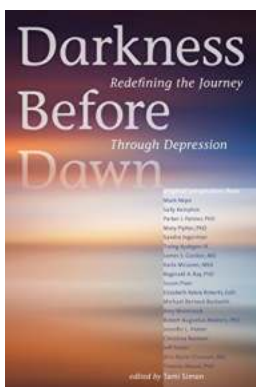
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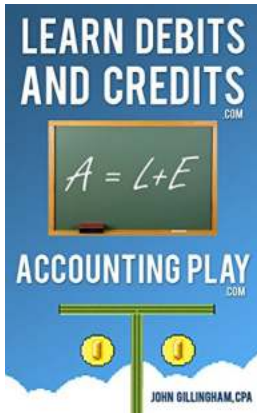


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