

### **The Five Love Languages by Gary Chapman**

- 💡 Love is the fundamental building block of all human relationships
- 💡 I choose intentional love over ego every day because I am committed to adding value to others and making them feel good about themselves
- 💡 I feel joy each day because of the great relationships in my life
- 💡 I am mature in loving others because I'm open to other perceptions and never seek to win through logic
- 💡 I never spoil today with what happened yesterday because all we have is today
- 💡 I always choose my words carefully because I want to build others up - not tear them down
- 💡 I give gifts when appropriate to those who appreciate them because I value them
- 💡 I make the conscious choice to listen closely to those I care about because I want to understand what interests and drives them
- 💡 I keep an active list of gift ideas so that I can show appreciation to those I care about
- 💡 I excel because I have a genuine desire to serve others
- 💡 I never take rejection personally because I'm not being judged; others may simply not be ready to be significantly impacted
- 💡 I give my undivided attention so that others know that I value them
- 💡 I always ask reflective questions with the genuine intention of understanding how others think and feel; and what they desire most
- 💡 I never give advice unless asked
- 💡 The purpose of love is to enhance the well-being of another, not to satisfy my own desires
- 💡 I never force my love language onto others; rather, I learn to speak the language of others
- 💡 I choose to serve my partners and look out for their best interests
- 💡 I respond to my partners with meaningful, positive behavior
- 💡 Feeling loved makes the difference in the way that a person responds to requests
- 💡 No one is perfect; maturity is not flawless
- 💡 I am quick to listen, slow to speak and slow to anger
- 💡 Change takes effort, but it is effort well invested
- 💡 True greatness is expressed in serving
- 💡 I genuinely care about the well-being of others
- 💡 I never criticize others (especially for their intellect, judgment or logic)
- 💡 I accept that others think differently than I do; and experience emotions that I may not experience
- 💡 I recognize and acknowledge the value of others' contributions
- 💡 I observe others' actions, words, attitudes and personality; then I take the initiative to express my gratitude
- 💡 I influence others authentically to make positive changes in their lives
- 💡 I make others feel good about themselves by expressing love in their preferred love language
- 💡 Reciprocal love is the fabric of lasting friendships
- 💡 Much of the misbehavior of children is rooted in empty love tanks
- 💡 I make the most of who I am with what I have
- 💡 Every person has the potential to make a positive impact on the world
- 💡 I succeed because I love and serve others
- 💡 Love is sometimes the choice to go against my feelings
- 💡 Love is a way of behaving