

Love Checklist:

1. What are your thoughts on love and career? Do you find that it has to be one or the other?
2. Will you have regrets if you choose love over a career?
3. What would those disappointments be?
4. Check in with your heart. What does it say?

Sometimes our hearts already know things. It may take our mind longer to catch up with us.

5. What are 3 things you want to achieve in your career? A lot of money? Status? List them.

- 1.
- 2.
- 3.

2. Write about the last time you heard someone else being judged out loud. Do you find that a relationship blooms or withers in that environment? Why?
3. Do you see yourself judging men or women more?
4. If you answered women, do you find that you admire traits they have? Which ones?
5. List 3 of your best attributes. Remember these are just as unique and perfect as those you admire.
 - 1.
 - 2.
 - 3
6. Take a moment to notice how you feel after you judge or gossip about someone
7. Name the sensation you feel. Do you take pleasure in dissing this person?
8. Take a moment to forgive yourself. It's human. More or less we are all like this.
9. Have you ever been judged or gossiped about?
10. What did that feel like? Would you be comfortable judging someone to his or her face? Why?

Above all else, it's vital for us to forgive and love ourselves!