



Walk the walk: Talk the talk of
LOVE WORKBOOK
Volume I



2010



The Secret is YOU: YOU are the answer!

From www.theseecret.tv

You can completely transform any relationship, no matter what it's like right now. **Every** single relationship you have is a reflection of how you feel inside about you. **You are a magnet** attracting to you all things, via the signal you are emitting through your thoughts and feelings. Every relationship you have and every interaction with every person is **a reflection of your own thoughts** and feelings in that very moment. To transform every single relationship you have in your life:

Fall in love with YOU!

Make lists of hundreds and hundreds of wonderful things about you. Keep adding to it every day. Know that you are perfect. Do not think any negative thoughts about you. Know that **you are worthy** and deserving of anything and everything you could possibly want in your life. **Focus on the wonderful things in every person**. Look for only those things. Do not blame or criticize anybody, ever. Set an intention that you are going to see the best in everything and everyone. (You can) **Make your happiness the number one thing in your life**. Happiness is an inside job. Free yourself of the responsibility of trying to make other people happy. Respect and love them enough to allow them to take care of their own happiness. Get your attention off those things in others that don't make you feel good. Appreciate and love yourself in every moment you can. Do not expect others to behave in a way you want, so you will be happy. Release yourself forevermore and know that you alone control your happiness and it is a choice, no matter what anyone else is doing. Love and respect yourself completely. Know that **you are perfect right now.**

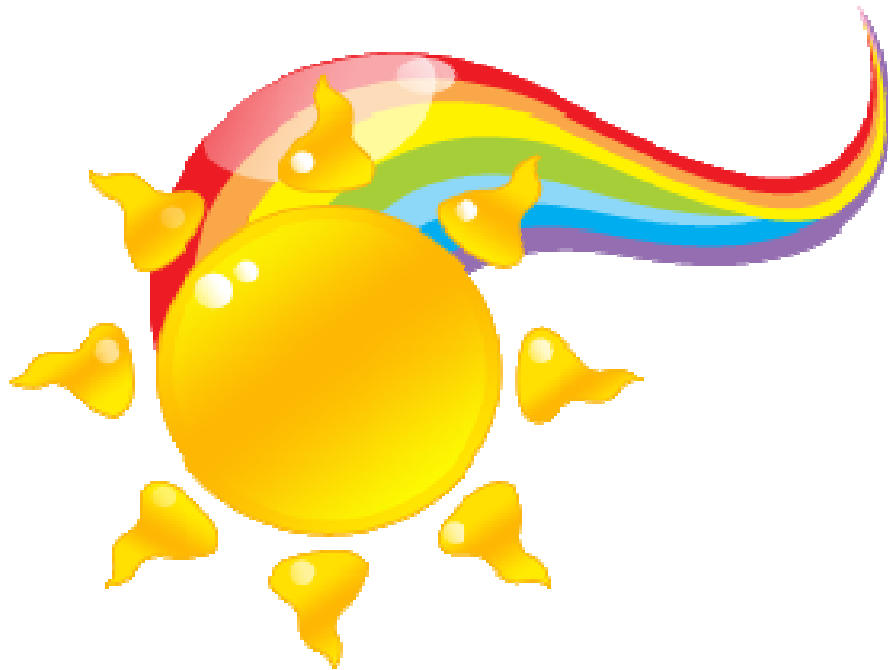




Can you ***see how wonderful you really are!*** ***Feel how wonderful you are.*** When you speak of yourself, do you ***hear how wonderful you are!***

Now, let's add a**30 day Wonderful You Journal**..... walk the walk, talk the talk of LOVE:

Use the following pages to record wonderful things about someone you close to you (spouse/family member/children etc). Take a few minutes a day to think of this person and his/her wonderful qualities. Over the next 30 days, record your thoughts (characteristics) in a 1-10 format. Insert the individual's name in the blank provided (_____).



Day 1: _____

I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 2: _____

I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 3: _____

I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 4: _____

I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 5: _____

I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 6: _____

I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 7: _____

I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 8: _____

I I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 9: _____

I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 10: _____

I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 11: _____

I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 12: _____

I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 13: _____

I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 14: _____

I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 15: _____

I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 16: _____

I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 17: _____

I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 18: _____

I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 19: _____

I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 20: _____

I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 21: _____

I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 22: _____

I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 23: _____

I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 24: _____

I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 25: _____

I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 26: _____

I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 27: _____

I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Day 28: _____

I'm a wonderful person, full of love, hope, inspiration and joy. I am excited to have _____ in my life. _____ is.....

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

