Love and Treasure This Moment of Introspection:
Who or What Do We Find Loveable?

Today, you have permission to analyze the people who love you and the people whom you love. For more information about how to complete this exercise and the benefits who can obtain from it, visit, www.loveandtreasure.com/who-or-what-do-you-consider-loveable

Exercise #1

In the table below, write the top 10 people who love you.

Person's Name	What Category WOULD YOU LIKE This Person Fall Under?	What Category Does This Person Fall Under?

What are some feelings that you feel as a result of some of these alignments or discrepancies? (Feel free to use the back of this page if you need more room to reach your conclusions).

Exercise #2

Do the same exercise above, this time, though, write the 10 people whom YOU love.

Person's Name	What Category WOULD YOU LIKE This Person Fall Under?	What Category Does This Person Fall Under?

What are some feelings that you feel as a result of some of these alignments or discrepancies?

(Feel free to use the back of this page if you need more room to reach your conclusions).

If there are any of the same people that love you and you love them, compare the reasons for loving one another.

- Do you believe you love one another fairly?

- Why or why not?

Reflect on these questions:

- Who do you tend to love?

- What category do most of the people that you love fall under? What does this say about you?

- Do people love you according to the intention and the degree with which you love them?

- Do you love others based on how you WANT to love or are loved?

- What other conclusions can you draw from this activity?

- Who or what do you consider loveable?

- What, if anything would you like to change about your findings?