

# The LOVE Journal



“**Love** is a choice  
you make from  
moment to moment.”  
~ Barbara De Angelis

Date: \_\_\_\_\_

List three things you love  
about yourself, your child,  
friend, spouse, pet or  
your life in general.



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## My Love Reflections

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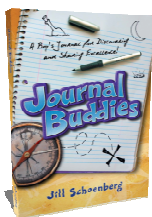
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