



DR. ERICA'S
30 DAY

LOVE CHALLENGE

Day 14

12 Steps To Love



”Love is the ultimate outlaw

It just won't adhere to any rules.

The most any of us can do

is to sign on as an accomplice.

Instead of vowing to honor and obey,

Maybe we should swear to aid and abet.

That would mean that security

is out of the question.

The words ‘make’ and ‘stay’ become inappropriate.

My love for you has no strings attached.

I love you for free.”

~Tom Robbins, *Still life with Woodpecker*

The Journey

**Of a thousand steps
begins with one step.**

~ Lao Tzu



The Journey

Develop an attitude of gratitude,

**And give thanks for everything
That happens to you, knowing
That every step forward
Is a step toward achieving
Something bigger and better
Than your current situation**



~ Brian Tracy

Step 1

I Am Powerless Over Love



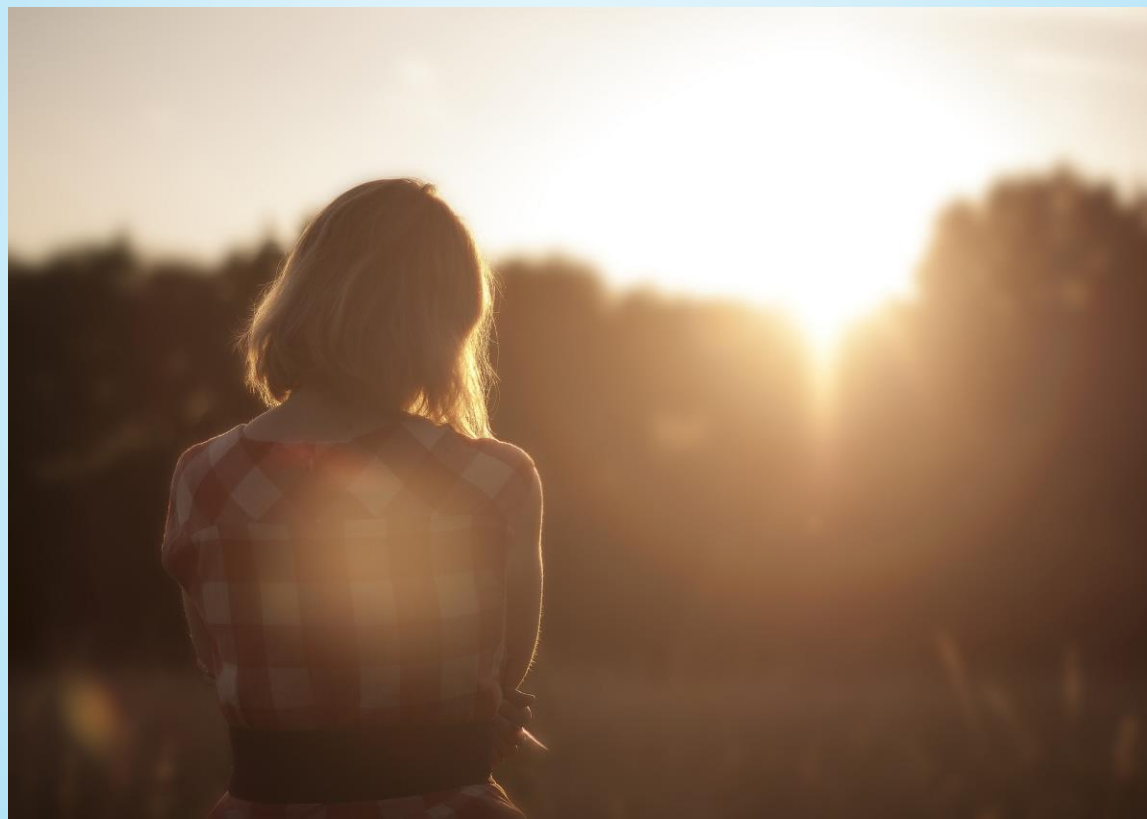
Step 2

A Higher Power Can Restore My Love



Step 3

I Turn My Love Over To A Higher Power



Step 4

I Take A Moral Inventory Of My Love Habits And Beliefs



Step 5

I Tell God, Myself And Another Person How My Love Has Been Limited



Step 6

I Am Ready For God To Remove My Limitations In Love



Step 7
I Humbly Ask God
To Remove My Love Limitations



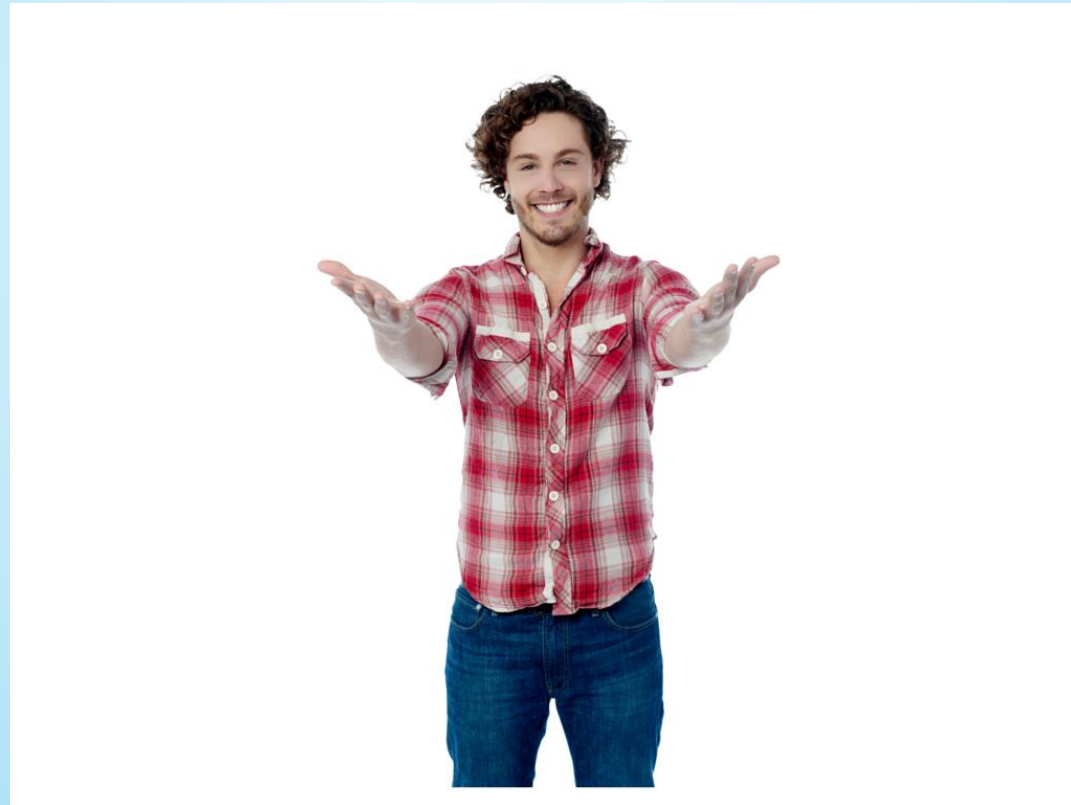
Step 8

I Am Willing To Make Amends To Those I Have Hurt



Step 9

**I Have Made Amends To Those I Hurt
And Forgiven Those Who Hurt Me**



Step 10

I Notice And Promptly Admit My Conditional Love



Step 11

Through Prayer And Meditation I Pray To Know God's Will For Me



Step 12

My Spiritual Love Practice Helps Those Around Me To Feel Loved



Love Agenda For Today

In Your Love Habits Journal

12 Steps To Love

Focus on one step that matters to you

What small love steps can you take?

Share Your Love Step in the FB Group

This 30 Day Love Challenge is Serious and Life Changing

You will see amazing results

If you seriously intend to

Expand your loving – and -

Love fearlessly and openly



As We Close **Remember**

Start each day focused on love
In every moment feel the love
End each day realizing love
Every day repeat the love pledge

Start Each Day **Focused on Love**

In every moment ask...

"What would love do now?"

For Me

Knowing all that I do brings me

Closer or further from love

End Each Day
Realizing the Power of Love
Review The Moments You...

Turned away from love

Shared your love freely

Felt loved by others

The Love Pledge

Every Day I Develop Greater

Awareness and communication

Acceptance and forgiveness

Compassion and tenderness

Love, trust and respect

For My Self And For Others

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Dr. Erica Goodstone

RELATIONSHIP HEALER

Helping You Heal Through Love



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