



30 DAY

LOVE CHALLENGE

Day 6

Love Habit



The Best Predictor Of Love

**The best predictor
Of your future love
Is how you loved before
And how you love now**



**If You Are Unwilling To Look
Nothing Will Change**



Remember

**If you keep loving
The way you have
Always loved
You will keep having
The same kind of love
You have always had**



What Is A Habit?

A Habit Is An Automatic Pattern



Controlled by the basal ganglia

Starts with a trigger

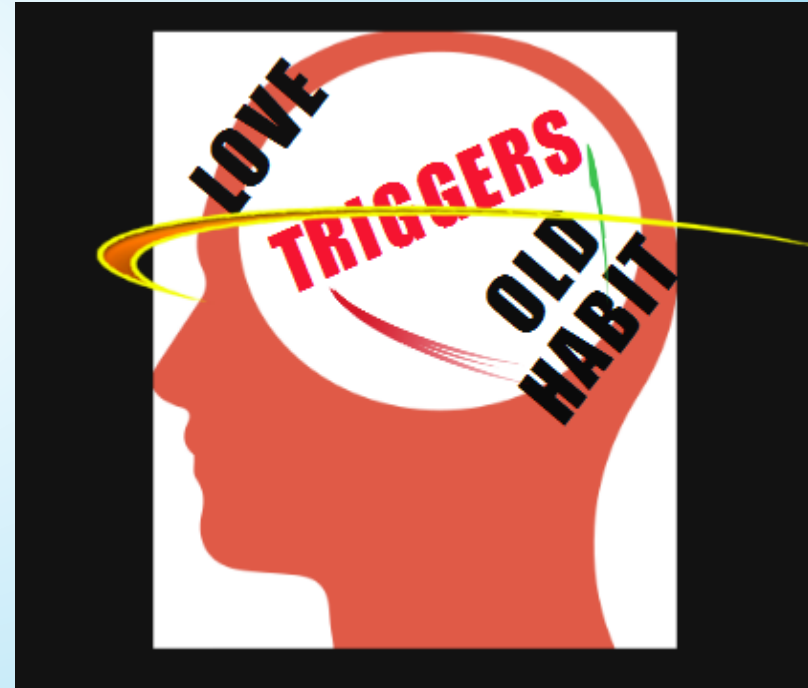
Continues as a routine

Provides a reward

How Do You Change Your Love Habit?

Choose Love

- Use your prefrontal cortex**
- Create new love rewards**
- Establish new love routines**
- Release your love habit triggers**



Change Your Love Habit By Changing Your



Attitudes

Beliefs

Behaviors

The Way You Love Reveals Your Attitude

What you are thinking
How you feel about you
How you feel about others
What you value most
How safe you are to love



Change Your Attitude

Your Beliefs Determine Your Attitude



Your Beliefs

**Control Your Results
Override Your Thoughts
Are Not Always Your Own
May No Longer Serve You**

Change Your Beliefs

Your Attitude Affects Your Behavior

Shows how you love

Affects how others feel

Pulls you away from love

Or leads you to love more



Change Your Behavior

Create Your New Love Habit

Choose to love



Evaluate Your Love



Observe

Your behaviors

Your attitudes

Your beliefs

Prepare To Act With Love

“If.....then I will.....”

“Now that.....I will.....”

Limit Your Choices

Now/Later

This/That

Use Your Imagination

Imagine You



Loving with open arms

Passionately fearless

Smiling and exuberant

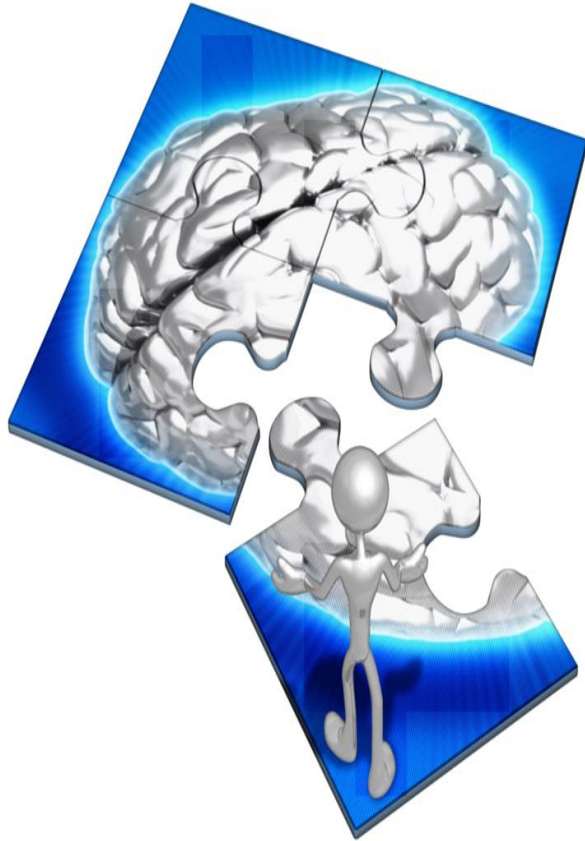
Allowing love to spread

Without limitations

Develop The Love Habit



Give, Share And Be Love



**“Watch your thoughts;
They become words.
Watch your words;
They become actions.
Watch your actions;
They become habits.
Watch your habits;
They become character.
Watch your character;
It becomes your destiny”**

~ Lau Tsu

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

Love Agenda for Today

In Your Love Habits Journal

My Love Habit

My New Love Beliefs

My New Love Attitudes

My New Love Behaviors

Share Your Dream In The FB Group



Dr. Erica Goodstone

RELATIONSHIP HEALER

Helping You Heal Through Love



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