

Love Quiz

(by Leo Buscaglia)

Asking yourself questions and answering them honestly is a good path to self-knowledge. In keeping with this idea, I'd like to propose a few end-of-the-day questions for each of us . . .

- Is anyone a little happier because I came along today?
- Did I leave any concrete evidence of my kindness, any sign of my love?
- Did I try to think of someone I know in a more positive light?
- Did I help someone to feel joy, to laugh, or at least, to smile?
- Have I attempted to remove a little of the rust that is corroding my relationships?
- Have I forgiven others for being less than perfect?
- Have I forgiven myself?
- Have I learned something new about life, living or love?
- Have I gone through the day without fretting over what I don't have & celebrating the things I do have?