



*"Life Coaching For Your Individual Greatness"*

## WHAT IS LOVE

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How many of you remember the "Love Is" comic strip that appeared in several daily papers years ago? The one that had a small girl and guy with captions such as, "Love is turning his head" or "Love is never having to say you're sorry."

I saw that cartoon again recently and it made me ask myself just what is love? We hear the word, we say it to the people we care about, but just what is it—really? Then I looked closer at the word, and this is what I saw:

**L**iving  
**O**ur  
**V**alues  
**E**very day

Our value system is our moral code and each of us should be absolutely sure that the values we serve with our thoughts, words and actions allow us to experience the best of who we are in **all** that we do. As Neal Donald Walsh writes in Conversations With God: An Uncommon Dialogue:

**"Examine your values one by one. Hold them up to the light of public scrutiny. If you can tell the world who you are and what you believe without breaking stride or hesitating, you are happy with yourself..."**

Take a look at your values. Are they supporting who you are such that you are experiencing a significant amount of happiness in your life? Better yet, do you even have a value system? Do the people you call "friends" or "associates" share the same or similar values as you, or are they holding you back and stunting your growth as a human being? Are the values of the college or university you attend in line with your own or are you just occupying space to get a degree and move on? Do you and the person you call your girlfriend or boyfriend, share the same values, or are you constantly bumping heads?

If you answered no to even one of those questions, what are YOU going to do about it? Will you continue to, "do what you have always done and get what you always got?" Or will you decide that **your happiness matters** and pursue "love" in **all** that you do?

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