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WORKSHEET

PRACTICING “I LOVE YOU. I AM LISTENING”

by Kalika Yap

This worksheet is a companion to the practice, helping you integrate “I love you. I am listening” into your daily life. It’s about building a habit of self-awareness that nurtures you and strengthens your relationships.

Step 1: Setting Your Intention

Why do you want to practice this? To reduce stress? To feel more connected? To lead with compassion? Write down your intention.

Step 2: Creating Space

Choose a moment each day to practice. It could be first thing in the morning, during lunch, or before bedtime.

Step 3: Practicing the Words

Close your eyes, place your hands over your heart, and softly say, “I love you. I am listening.” Allow the words to wrap around you like a warm embrace.

Step 4: Reflecting on Your Feelings

After a few minutes, notice how you feel. Did any emotions or thoughts come up? Write them down, without judgment.

Step 5: Applying This to Your Relationships

Think about how this practice can help you show up more fully for your team and your family. Write down three ways to bring this awareness into your interactions.

Step 6: Revisit and Reflect

Look back at your intention. Have you noticed any changes in how you feel or how you relate to others? Write down your observations.

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Loving ourselves like this is like filling our own glass. And any other love we receive is just extra after this.

-Sarah Blondin