

# WHAT WOULD LOVE DO?

*What would love do?* I ask myself as I look in the mirror and start picking myself apart. Love would look past the reflection and say, “Look how far I’ve come.” Love would say, “I’m grateful for another day.”

What would love do when my growing child comes down the stairs wearing an angry scowl? Love would open its arms and say, “Getting up is hard, I know.” Love would hold its tongue. Love would give a little more time and a little extra grace.

What would love do when it’s obvious my spouse forgot to do something important? Love would take a deep breath and then say, “It’s okay. I forget things too.” Love would see all the things he remembers and thank him for that.

What would love do when ugliness fills my News Feed, stands behind me grumbling in line, or cuts me off in traffic? Love would not join in. Love would negate it by being kind to the coworker with sad eyes or helping the neighbor with heavy burdens.

What would love do when finances, commitments, duties, and demands make it hard to breathe? Love would lower the bar. Love would let something go. Love would ban the phrase “I should,” and say, “Good enough for today.”

What would love do when hate-filled words and cliques build barriers that keep people out? Love would look for the lonely, excluded, and alienated. Love would reach out a hand and say, “Come as you are. There’s a place for you here.”

Today I want to look like love.

I want to sound like love.

I want to speak like love.

Too often I look like worry, impatience, and agitation.

I’d rather look like love.

Too often I sound like arrogance, selfishness, and greed.

I'd rather sound like love.  
Too often I'm all about productivity, efficiency, and time  
management.  
I'd rather be all about love.  
It's not easy—choosing love takes time, effort, thought,  
patience, and self-control.  
But the payoff is huge.  
Choosing love for myself and for those in my path means  
a better morning,  
a brighter outlook,  
a deeper connection,  
a softer place to lay my head at night.  
I can be anything today.  
I'm going to be love.  
How about you?

#### TODAY'S REMINDER

*Today I will keep these powerful truths in the forefront of my mind: I can add to a hostile climate, or I can neutralize it; I can fuel a heated argument, or I can defuse it; I can damage a connection, or I can nurture it—all through my response. In a culture quick to judge, attack, and ridicule, I want to be quick to be kind. I want to be a representative for love. I want to be a living example of what love can do when it is chosen again and again. Not only are my family members watching, learning, and following my lead, but I have to live with myself. I'd like to end this day (and someday, my life) knowing I made my little part of the world a more loving place.*



#### NEW HABITS

*Perhaps you've never known how happy  
someone could be simply to see you.*

*Spring: Opening Up 31*