



## THIS TOO IS LOVE

Hey folks! It's official! Valentine's Day is here, along with the hearts and candies and flowers and colognes and...

Wait a minute...do you know what was the most important part of that list? Hearts. We all have them, whether or not we have a "Valentine". We know how hearts can be moved by that sweet soft flutter between lovebirds or the deep soul connection of twin flames... But what of the friendly smile of a neighbor, the gentle tone of a parent, or a quick hello from a long lost friend? These too can warm even the hardest of hearts.

By all means, if you have that "special someone", hold them tight and cherish the gift of *...them*.

But if you feel your heart is cold or forgotten, broken or jaded, or that this day is not for you, don't forget that YOU are a "special someone", and could be the light someone else desperately needs—even if it shines through in a simple act of kindness. This too, is love...and love is in demand all year round.



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## especially coping PRINTABLE WORKSHEETS

We all face times when we especially need to cope, to unclench our minds and rise above the toxicity of the moment. Though I'm not a licensed therapist, I am a spiritual artist. I created these worksheets to help myself—and others, if possible--work it out.

You can find worksheets such as "New Beginnings", "Grateful", and "I Feel Good" available at low introductory rates in my website shop: [efgrace.com](http://efgrace.com) >> Galleria >> Shop >> Especially Coping Printables.

To thank you for keeping in touch, I've attached a free sample worksheet entitled, "LOVE BALANCE". I hope the design delights you and the content inspires some personal insight!

Until next time,  
ef grace

