

# LOSE TO GAIN



Smiles are contagious. We smile when we are happy. We are happy when we feel loved and cared for. Loving others will make them and you happy. To love others, we have to think less about us and more about them. Unfortunately, some of our things and habits hold us from loving others the same way God loves us.

- **Take some time to think of things and habits which you have to let go of so that you can have more time and energy to love others; like lazing around, comfort and time spent on technology.**
- **On a ballon, template, write down some things which you are ready to lose to gain real happiness for you and those around you.**
- **Now, you can pray to God to help you think less of you and more of others.**