

Daily Affirmations For *Love*

365 DAYS OF LOVE IN THOUGHT AND ACTION



Mamiko Odegard, PhD

AMAZON INTERNATIONAL BEST SELLING AUTHOR

Daily Affirmations For *Love*

365 days of LOVE in thought and action

Mamiko Odegard, Ph.D.

Biz Life Success Publishing, LLC

Scottsdale, Arizona

All rights reserved. No part of this book shall be reproduced or transmitted to any form or by any means, electronic, mechanical, magnetic, and photographic, including photocopying, recording or by any information storage and retrieval services, without prior written permission of the publisher. No patent liability is assumed with respect to the use of the information contained herein. Although every precaution has been taken in the preparation of this book, the publisher and author assume no responsibility for errors or omissions. Neither is any liability assumed for damages resulting from the use of the information used herein.

Published by:

Biz Life Success Publishing, LLC

Scottsdale, Arizona

ISBN : 0615679056; 978-0615679051

Printed in the United States of America

Copyright ©2016

10 9 8 7 6 5 4 3

Mamiko Odegard, PhD

9375 E Shea Blvd, Suite 100

Scottsdale, Arizona 85260

CONTACT:

(480) 391-1184

www.dailyaffirmationsforlove.com/

<http://www.drmamiko.com/>

Success@DrMamiko.com

No portion of this book may be reproduced in any manner without the expressed permission of the author.

Praise for Daily Affirmations For Love

Every moment, small gesture, and awareness becomes a gift. Dr. Odegard designed a collection of daily thoughts to reflect upon and open our hearts throughout the year. She has captured a slice of humanity with her thoughtful and loving approach to each day. Dr. Odegard clearly has a keen eye for the simple pleasures in life. Each page is filled with gentle, funny—and at times - profound insights. This is a must read for every person who is passionate about their personal journey into relationships. Dr. Odegard challenges us to stop... reflect... and smile... as we live each day to the fullest. This little book will bring joy to your heart and those you love.

~ Jessica Browne, Actress
| Murder She Wrote

Beautiful! I like it.

The daily readings...

It's very personal...

It's passionate...

It stimulates good thoughts and actions...

I ran right in to give my wife a warm embrace and a "come and get me" kiss! I like how you repeat the themes through the year. DECEMBER 1st—Purpose, which in my way of thinking, drives everything. Of course I like your acknowledgement of God's blessing and guidance in your life. For me He is the essential in purpose and the power of love to transform. He is the author of marriage and all the "magic" you and Greg have discovered in your life together. You and Greg do have a unique relationship of focus, care, support, energy and passion. Many can read and be inspired. Congratulations on yet another achievement.

Best wishes for the success of Daily Affirmations for Love!

~Edward G. Masters, Executive Consultant
| MAP

Dr. Odegard has captured the essence of a truly loving and committed relationship in her daily book of gentle reminders. As I read through each day, I am reminded of what's really important in life and love. She

touches about every emotion I have by writing about the many facets of a love relationship. After reading it, I never realized how rewarded, fulfilled, and deep two people can be in relationship. And sometimes how much work is involved in a relationship. This book is a beautiful expression of gratitude for another being in someone's life. I've learned a lot from it. Filled with gratitude,

~**Lisa Jane Vargas**, Lead Clinical Outreach Coordinator | Sierra Tucson

Touching to the core of my consciousness – that is the level of personal empowerment Dr. Odegard's Daily Affirmations For Love brought to me. Thinking I would find the way to build romance into my relationships, I found instead a pathway to interacting with more love, honor, commitment and respect with anyone who matters to me. The surprise at the end of this book is who you become in the process of reading it! Embrace that it is little actions, consistently engaged on a daily basis, which can transform any relationship. The lessons learned allow us to consciously choose actions that will leave our love marked indelibly on the lives of every person with whom we connect.

~**Anna Weber**, Entrepreneur's Strategist
4-Dimensional Success

Although this book is about current relationships, I reflect on the memories of my late husband—my soul mate. All the thoughts, gestures, warm fuzzies, commitment, and activities we shared are reflected in your book. Having my personal thoughts written in the margin, as the years go by, these notes will become priceless. Each key word on the pages will be etched in my mind reminding me how precious a relationship can be if you “reach out and touch someone”. 1 John 3:18 “My little children, let us not love in word or in tongue, but in deed and in truth.”

~**Francine Masterson**, Grief Recovery Specialist

Imagine having the relationship of your dreams and then being able to maintain the deep love and connection you felt when you first met... Are you excited to read this book yet? Because as you read through the pages, you will find it is about letting go of tired, worn out ideas that have kept you stuck and bringing in new ideas to awaken your best. It

is about empowering yourself and your partner to create happiness, harmony and a holy union between you. It is about taking daily small steps that will lead to a whole new way of engaging each other, and in the process – finding out that you have changed and achieved the relationship you've always wanted.

~**Ken D. Foster, Founder** | PremierCoaching.com

Dr. Odegard is magical in her writing. To have gone so far, and provided so much, in such a short book takes magic as well as discipline. In this book you will find simple heartfelt insights into aging, remorse, redemption, renewal, giving, receiving love, and the succession of love from one state into another. Mamiko shows us that love doesn't need to age as we do. Now that is astonishing! However, it is rare to see people keep love together as they age; that is what makes this book so special, and needed. She takes advantage of one ordinary moment after another and building the magic of love from it.

~**Bruce Piasecki**, President and Founder | [ACH Group](http://ACHGroup.com)

Daily Affirmations for Love

Dedication

Dearest Greg,

You are absolutely the love of my life! This book is an open proclamation of my love and gratitude as a tribute to you for the many ways you express affection for me. The words that follow throughout this book reflect how much you mean to me. I very much want to continue to love, honor, and appreciate you.

You have been the catalyst for my emergence as a happy, confident, and self-assured woman. Over the years, you gently and steadfastly believed in me and encouraged me in my career and all aspects of my life.

You also bring me more joy, love, and peace than I ever thought was possible. You express love openly and freely in so many ways. Emotionally and physically you are my biggest advocate. You are an excellent listener. You offer words of support by demonstrating unconditional love and acceptance. Your gentle, humorous, lighthearted, nurturing and affectionate ways give me permission to be myself. Your daily acts of love through kindness and consideration touch my heart and sped the passage of our many years together.

I am eternally grateful to you, Greg, for being such an incredible husband, lover, friend and confidant. You also lovingly demonstrate what a devoted and natural father you are to our daughter, Mariesa.

You possess an uncanny ability to help me feel special—as the most important person in your life. Your trust, your hugs, your passion, your love, and your belief in me lead to the best possible version of myself. You've taught me what intimacy is. May our love continue to grow year after year along with continued magic and fun.

I also appreciate your assistance with this book as my Editor-in-Chief. The birth of our daughter completed our circle of love making us a family. This book finds you and Mariesa typing and organizing the format. We wept tears when moved by passages within. I feel blessed far beyond my wildest dreams.

Thank you, my love. I am eternally grateful to be your chosen one, your wife.

All my love forever,

Mamiko

Table of Contents

JANUARY 10

FEBRUARY..... ERROR! BOOKMARK NOT DEFINED.

MARCH ERROR! BOOKMARK NOT DEFINED.

APRIL..... ERROR! BOOKMARK NOT DEFINED.

MAY..... ERROR! BOOKMARK NOT DEFINED.

JUNE ERROR! BOOKMARK NOT DEFINED.

JULY ERROR! BOOKMARK NOT DEFINED.

AUGUST ERROR! BOOKMARK NOT DEFINED.

SEPTEMBER ERROR! BOOKMARK NOT DEFINED.

OCTOBER..... ERROR! BOOKMARK NOT DEFINED.

NOVEMBER..... ERROR! BOOKMARK NOT DEFINED.

DECEMBER..... ERROR! BOOKMARK NOT DEFINED.

INDEX..... ERROR! BOOKMARK NOT DEFINED.

About the Author



Dr. Mamiko Odegard is an international best-selling author and a highly acclaimed life and business coach who embraces her clients and audiences with passion and heart. She is the leading authority on overcoming self-sabotage, attaining maximum love and healthy relationships, and achieving world class performance. Mamiko found her love and soul

mate in Greg Odegard; it was practically love at first sight. To this day, after 40 years of marriage, Mamiko still adores and is in awe of Greg's many ways of demonstrating daily statements and actions which speak clearly of love. Thus, this book was borne to commemorate that a true and lasting love can be as fresh, lively, and passionate as the early years together. Their unique and loving relationship attracted nationwide attention, particularly the Dr. Laura Berman Show (Oprah Productions).

Mamiko speaks from experience as she shares the benefit of her experiences and personal growth—from one of shame to confidence and self-esteem, and ultimately learning to love and accept herself.

Mamiko's innovative coaching, encompasses over 30 years as a psychologist, individual and couples therapist, and seminar leader. She is also a sought out speaker, helping turn past wounds to EXTRAordinary self-love and acceptance. She is the creator of Conscious Loving™ and the YOU3 Program™, in which she helps individuals and couples transform to their best selves in mere days and weeks! She wants all to feel *Irresistible*, *Invincible*, and *Iconic*™ to leave a legacy of love.

Mamiko's genuine concern and care for all who cross her path is readily apparent. Her lifelong passion is helping individuals feel the happiness and peace from loving themselves, in order to experience success in all aspects of life and work. Each person deserves to feel cherished and be treated as the most important person in the world. Yes, we all deserve these!

Foreword

Robert Allen:

Mamiko's purpose in life is to help others fully experience the love and exuberance in loving and being loved by another. We all dream of having the type of love that is sustaining, fun, passionate, novel, yet familiar and supportive. Mamiko provides us an easy formula...consciously being open and taking small steps each day through affirmations.

Yes, we are all familiar with affirmations. We have come to associate these with the power of positive thinking. Mamiko takes a different approach. Hers is more than merely thinking that our love will become richer. She gently encourages us to continually view our partner in tender loving ways and to demonstrate daily multiple acts of love to our beloved. It is in carrying out these actions that the true essence of our love toward another is fully communicated and expressed. Our partner knows and can absolutely feel the adoration that emanates from genuine love.

The miracle is not in meeting Mr. or Ms. Right..It is the moment by moment gestures, comments, and ways of perceiving that special someone which contribute to the longevity of passion, commitment, and partnership. When we find our deepest lover, we find ourselves being emotionally, physically, and spiritually intimate. We can talk about our hopes, disappointments, frustrations, irritations, excitement, happiness, and fulfillment. No topic is off limits. We know the other fully and completely.

Mamiko provides real tools for all of us to manage our emotions and to talk and be supported by the ones who mean the most to us. Her wisdom for creating happiness, harmony, fun, and excitement allows all of us to feel our emotions and recapture those times when we felt so silly and totally in the moment. Too often we get caught up in being too serious, busy, and falling into mundane routines. This is why, Mamiko is like a breath of fresh air, allowing ordinary times to be savored and remembered.

She has a way of writing that is easily understandable and sometimes makes you want to smile or to be moved to tears...that a relationship has the possibility to be so close and beautiful. In the process of going through thoughts and acts of love, we notice we like ourselves more, accept ourselves

and others, as we begin to deliberately view and treat ourselves and our mates with deep love, respect, and honor. Yes, cherishing does begin within each of us.

Congratulations! You are destined to have the love you deserve.

~Robert G. Allen, New York Times Best Selling Author, financial writer, real estate investor and motivational speaker. Allen is the author of several personal finance books and recently released a new book, which he co-authored with Mark Victor Hansen titled *Cash in a Flash: Fast Money in Slow Times*. It is the sequel to *The One Minute Millionaire: The Enlightened Way to Wealth*.

Acknowledgements

Many people over the years have contributed to the love, passion, and ideas presented in this book. The completion of this book took place due to labors of love and acts of kindness emanating from these significant persons in my life. My deepest gratitude and thanks to:

Our daughter, **Mariesa**, has taught me many lessons in love and patience, and has shown the undeniable gift of love between a mother and daughter and how beautiful a family relationship can be.

My parents, **Michiko and Enrique Martinez**, nurtured my growth and contributed to the person I am today.

Greg's parents, **Christine and Jerry Odegard**, gave the gift of a son who has made my daily life a miracle of love and blessings.

Rhonda Zaccone steadfastly believed in me and provided emotional and technical support throughout the publication process.

Francine Masterson helped me grow spiritually through her giving nature and through her prayers for our family and me.

Martina Martin inspired me to further explain some of my ideas so you, the reader, could more readily understand concepts and steps for building more loving relationships.

My **friends and countless valued clients**...who over the years touched me with their warmth, trust, and wisdom, and taught me that respect and love extends to all people that we meet as they contribute to our lessons of life.

Finally, my profound and genuine appreciation to **the pioneers in the field of counseling and optimal wellness** who influenced my professional and personal skills, and growth through their dynamic concepts and techniques. **Carl Rogers** formulated the art of reflective listening to show understanding and empathy. **Sharon Wegscheider-Cruse** focused on healing the "inner child" to grow into a healthier, more fulfilled adult; and **Albert Ellis** emphasized the importance of recognizing and changing erroneous thinking. Centuries old Buddhist practices such as mindfulness merging with

modern approaches serve to foster more acceptance in oneself and others. More contemporary therapists, such as Barbara DeAngeles and John Gray defined the “love letter” approach to encouraging and writing about one’s feelings which affect a relationship; Harville Hendrix and Helen Hunt refined techniques in listening and responding to another; and Gary Chapman delineated and raised the awareness of the five ways we can express love.

Introduction

This book was inspired and written to express love and gratitude to my husband, Greg. As our anniversary approached, I wanted to give him a very personal present. I felt the ultimate gift would be a book expressing my many sentiments about him. I not only wanted to acknowledge and celebrate our relationship, but to thank Greg for being such a spontaneously loving person. He has brought me complete happiness and affection—more than I ever imagined was possible. This is my way of openly proclaiming my love to my sweetheart... the man of my dreams.

Daily Affirmations for Love can be used daily to recognize, remember, and celebrate the love and warmth toward a special someone in your life. It is my hope that this book can be read as a couple or individually to grow in one's awareness of how to truly love oneself and to show that same type of tenderness and love towards others. These expressions of love through verbal communication and acts of kindness can be shared with lovers, parents, children, and friends.

Dear readers, I hope that you can all experience the closeness, romance, passion, joys, peace, and dreams that are possible in all relationships. Although you will find yearlong meditations for each day, you may begin anytime or anywhere in the book. It is not a workbook but rather a collection of daily affirmations to promote love. It can be used to increase the awareness of the gifts and possibilities open to you in every loving relationship. Whether you read it as a couple or individually, have fun doing the suggested activity for the day. Many of the activities can be modified to do with a partner or they can be done alone. Simply open to any page and begin. There are ideas for small and large actions, and changes in perspective that you can use daily to show your love. Thoughtful gestures and words can quickly and powerfully enhance a relationship.

Sometimes, you might have difficulty knowing what healthy love is. This book provides a blueprint for recognizing and showing true love in unending ways. A number of affirmations detail looking inward within yourself. It is to emphasize the importance of starting with yourself first. When you desire improvements in your relationships, you typically expect the other to change, thinking that your life would be instantly transformed for the

better. Unfortunately, this thinking is flawed, as it encourages us to be manipulative, both subtly and outwardly—resulting in anger, resentment, and even more resistance to change by your loved ones. By cherishing yourself and extending your affection to another, you increase the chances of attracting, developing, and keeping the loving relationship that you’ve always wanted.

This book encompasses more than the lessons learned throughout our remarkable 40 plus years of marriage. I began to realize how the book captured a lifetime of skills developed in my careers as a psychologist and professional coach. It is also a chronicle of my own personal journey to self fulfillment. By promoting your growth as well as offering communication and interpersonal strategies, I hope to empower each of you to create more personal happiness in a loving relationship... with yourself and others.

The work is derived from a heart of love and my knowledge as an mental, emotional, and spiritual guide. May your relationships continue to grow into healthier, more vibrant, loving, joyful ones, and you can become more closely connected with all who are dear to you. Most importantly, may you continue to grow in your own awareness of your feelings that you are indeed unique and precious. May you also continue to practice conscious loving. After all, true love starts within you, my dearest reader. May you treasure your greatest gifts—you, and your ever-expanding ability to love.

Mamiko

january

JANUARY 1

New Beginnings

Our love is just the beginning.

As we start each New Year, we face the future with a fresh approach. **Today is the new beginning of our love.** We plan to create special events to help transform our love to a greater closeness, commitment, happiness, and fulfillment. We start the new year with a commitment to make each day memorable in the ways we communicate and express our love. We may renew our wedding vows to love, honor, protect, and cherish the other or we may read this book together and engage in the suggested activities. "You are the most precious person in the entire world to me. I love you eternally."



JANUARY 2

Writing Daily Notes Of Love

*Each day we write a message of love that is
recorded in a notebook.*

Days too quickly melt into weeks, months, and all too soon ,years. We commemorate and chronicle our relationship by writing down our thoughts, perceptions, emotions, and poems... all of which we want to share with each other. This loving act could be at night when we each contemplate what we mean to each other, allowing us to see a beautiful message by our beloved first thing in the morning. This could also be written in the quiet of the morning, when we feel fresh with inspiration and appreciation for each other. In this notebook, we can write responses to one another or express a completely different thought or emotion. **Today we commit to daily sharing our thoughts of love.**

JANUARY 3

Past And Present

***We travel side by side on our journey to
exquisite love.***

Often to know where we are going, it is necessary to look back from where we came. **Today we remember so many treasured moments we've experienced during this past year as we look at our past together.** Did these tender memories result from an unusual hardship or a peak time of fun and light heartedness? What made these events so memorable to us? What were some special words we recalled? Perhaps there were various expressions on our faces of glee, amazement, and affection we remember. Was there a particular touch, a notable loving gesture, or a remarkable harmonic time of playing and working together we recall? We discuss each of these things, uncovering the unique people we are. It helps us to better know ourselves as individuals. By conversing, we learn what we each hold sacred about the other. We can be catalysts to make our love blossom. We can assist each other to be the best possible self by examining our past so we can identify and expand these experiences to enjoy even more love.

JANUARY 4

How Are You?

*I ask, "How are you?"
You reply, "I'm so in love with you!"*

Your response warms my heart and lights my spirit each time I hear your words. I never before realized I would experience the immense joy and spontaneous affection that clearly speak volumes of your passion and commitment to me. No one has ever treated me so tenderly and lovingly before. I want to be kind, thoughtful, gentle and creative in returning my love to you. You deserve the best life has to offer; the best I can offer. **The next time you ask how I'm doing, I reply, "I'm so in love with you!"**

JANUARY 5

Blessings

***I count my blessings each time I awaken to
you.***

You are the first person I awaken to each morning and the last person I want to see before I drift off to sleep at night. I've never considered myself a morning person, yet when I wake up next to you, I am so happy you are here by my side. I count my blessings. What a wonderful way to start each day! When I view our beautiful environment, whether the sun is shining and flooding our room with cheerfulness and optimism for a new day—or cloudy and rainy with thunder and lightning, I am eager to start our adventure together. Finally, at the end of the day, nothing could be sweeter than to kiss and hold you. I gaze upon you one last time before I close my eyes, feel your body, and hear your rhythmic breathing. **Today and every day, as I awaken to you, I count you as my most precious blessing.** Thank you, my dearest one, for being in my life.

JANUARY 6

Surprise

*Today I willingly initiate a gesture of my love
and devotion.*

Often your thoughts and actions fill me with such a deep sense of awe, wonder, and gratitude. You may be softly awakening me with a kiss or making coffee for us in the morning without a complaint. Other ways you show me love include washing the car, taking me to my favorite restaurant, or sensing my thoughts and feelings. Each word and gesture is pure joy. **Today I consciously store these true gifts in my heart and initiate a loving act to show my love, devotion, and appreciation.** For instance, when you awaken there is fresh coffee waiting for you with your favorite breakfast, clothes are neatly laid out for an outing, bags have already been packed in the car, or a lunch or takeaway bag is filled with goodies... a love note tucked inside, or perhaps a secret destination is in store for you.

JANUARY 7

First Meeting

***We take a moment to remember when,
where, and how we met.***

I can remember the moment my eyes first met yours. As you started speaking, I found myself completely spellbound by your humor, wit, and attractiveness. You piqued my interest; my excitement and intrigue grew. Our first meeting is reborn as we talk about how we met and the qualities that drew us to each other. Thank you, God, for bringing me your greatest gift... a soul mate who provides me with total unconditional love! **Today we discuss how we met and the moment your eyes met mine.** How do we feel, what do we think, and what do we see and hear as we relive our beginning together?

JANUARY 8

Acceptance

*To love you is to accept you
just the way you are.*

I can show my love to you in the deepest way by allowing you to be you. Your unimitable personality is the very reason that I was originally attracted to you. You are perfect the way you are. I love you even when I try to change you. Each time I find myself trying to change you, I remind myself that I was attracted to you just the way you are. **Today I rediscover and redefine how cherished you are to me by reminding myself to suspend my judgment to better appreciate the person that you are.** I can then notice your uniqueness.

JANUARY 9

Kissing

I give you a soulful kiss.

A quick peck here and there doesn't do. Today we playfully and sensually give the other long, lingering kisses. Can we do this for 30 seconds, even one minute? We sense the way we wrap our arms around each other, and how our lips, mouths, and tongues meet, exploring ways to show our affection even more. I leave for the day with your sweet kiss upon my lips. **Today and every day, we take the time to give each other a passionate kiss... just like fingerprints, no two kisses are alike!**

JANUARY 10

Listening

*Carefully listening and understanding are
the richest gifts we can give to each other.*

You don't have to agree with me or like my feelings. However, I do need you to actively listen with your eyes, ears, and heart to my exuberance—and to my joys, sadness, fears, anger, hurts, and disappointments. When you truly hear and understand my thoughts and feeling by repeating them in your own words, I know that you are validating and emotionally supporting me. These revered times are when I feel the closest and most intimate with you. **Today we practice taking turns talking and carefully listening to each other as we repeat the other's thoughts and feelings.**

JANUARY 11

Loving Self

***Today I reflect on the qualities
I love about myself.***

It is important that I take time to examine and write the behaviors and characteristics I like and love about myself. I know that unless I can love myself, I cannot truly love anyone else. Otherwise, I would look to you to confirm my own existence and worthiness. I acknowledge the unfairness of my demands for you to love me, to accept me, and to make me happy and whole. I realize that I can be proud of who I am, which is important to my own self-esteem. My esteem and the essence of my success are not limited to career or financial achievements. Too often we criticize ourselves for falling short of reaching our own expectations. **Today I celebrate my own being as I look back from where I came and see the growth I've experienced. By loving myself, I can now more fully love you.**

JANUARY 12

Quality Of Time

*It is not the amount of time spent with you;
rather how our time is spent together.*

We have often described our weekends as idyllic honeymoons since we spend so much time apart in working away from home. Whenever we finally are together, we value our limited time, talking, laughing, having fun, and loving each other. I want to spend our times together, as if every moment is precious and may disappear all too suddenly. **Today I make you my priority by giving you my complete focus.** My dearest, I want to give you my total undivided attention to enhance our time together. If you ever sense I am not, please gently remind me by kissing me and whispering in my ear that you want my attention.

JANUARY 13

Anger

Arguments let us know the other's deepest hurts and disappointments.

Despite the fact disagreements can be disruptive and create a degree of anguish, they can also be beneficial. We can allow them to become an outlet for disappointments, fears, differences, frustrations, and hurts—or even just how we view situations differently. The next time we have a disagreement, I promise to listen to you to discover how you think and feel. I often remind myself your feelings do make sense when I listen with compassion and remain nonjudgmental. I communicate to you that I do understand what you said by stating in my own words your feelings and the reasons behind your feelings and actions. **Today I listen for other emotions hiding beneath your anger, so I can better understand your thoughts, feelings and actions.**

JANUARY 14

Weekly Dates

Our relationship is a priority.

Our relationship can become lost inside the busy day-to-day activities, as we work, perform tasks at home and take care of our family. ***Today we set a weekly date to keep our relationship fun and alive.*** Unless we take the time to care for our relationship, we allow events to control our lives. Having a weekly date permits us to have something to look forward to when we go through our week. We discuss and plan where we will go, and what we can do this weekend. I'm looking forward to having time alone with you.

JANUARY 15

Communication

*From the beginning we talked
and talked
and talked.*

Fleeting moments evaporated too quickly as minutes, then hours left us longing for more time together. We had so much to say to each other, especially in the beginning of our relationship. Now after all these years, we are still filled with ideas and feelings eagerly waiting to be expressed. **Today we talk as if we're getting to know each other for the first time.** We talk about the qualities that make us stand out, our passions and interests, and our concepts of our ideal mate, values, and important influences from family. We also discuss lighter topics we clearly enjoy such as sports, food, current events, politics, or our favorite ways to relax, smile, giggle, and remain steadfastly connected.

JANUARY 16

Self Nurturing

The greatest gift I can give to myself and my loved ones is to gently and consistently meet my own needs.

Because far too many of us are taught not to be selfish, we often neglect our own needs and wants, and unwisely put the needs of others before us. This practice actually harms us by robbing us of our energy, joy and self-care. Thus, I remind myself to be mindfully aware of my needs and know that it is healthy for me to put myself first. By taking care of myself, I give an incredible gift to all those around me by being happier and more pleasant to be around. I also free others of the responsibility of taking care of my needs. **Today and every day, I give myself permission to meet my own needs by prioritizing myself.** I can thereby give myself love, which then spreads to those around me.

JANUARY 17

Awareness

Change begins with my awareness.

I immediately communicate with you regarding any specific actions or comments that hurt, sadden, or anger me. When I am direct and specific about your behaviors while remaining calm, I enhance the chances of a positive outcome for both of us. If I hold in my feelings, convincing myself that "it's no big deal," they continue to fester over time resulting in a major explosion over a minor incident. When I am aware of my emotions blowing out of proportion, I realize my reaction is from the past as well as the present. **Today I pledge to communicate with you as I become aware of my feelings, and I calmly do so shortly after it happens.**

JANUARY 18

Reminiscing Through Photographs

*Looking through photographs together
reminds us of the many joys we've shared.*

We share so very many beautiful memories paging through the photographs of our lives—frequently taking notice of how young and carefree we appear in our pictures. We remember and discuss the places we have been—and the sights, conversations, and special moments that have touched us. How amazing we have thus recorded the story of our lives. Here is our love story unfolding and deepening with its many twists and turns. We've experienced such phenomenal happiness through many adventures, and discoveries together. All of these experiences have enhanced our passion for each other and for life. **Today we leaf through the photographs of our lives, relating experiences and feelings as we bond our past, present and future together.**

JANUARY 19

Healing

I examine my wounds from my past to begin my emotional healing.

Too often we carry emotional “baggage,” about which we may feel a sense of shame that erodes confidence and esteem. Additionally, our shame can surface whenever we experience events that lead us to feel inadequate, less than, different from others, and unworthy. Today I look inward and examine the source of my shame so I can begin to heal. Perhaps it was from growing up poor, looking different in some way, struggling with school, or living in a family where there were problems with chemical dependency, abuse—or perhaps just not receiving demonstrations of verbal or physical signs of affection. **Today I take the first step by identifying my sources of shame, and I affirm to help the child in me grow to become healthy, to feel worthy, and commit to re-parenting myself with nurturing, love, and support to be all that I can be.**

JANUARY 20

Roses on the Pillow

Romance is created by our imagination.

No matter how financially rich or poor we may be, we can be rich in our imaginations. We can choose to create romance by just thinking and acting upon what might please our loved one. Candles diffusing an irresistible fragrance can help create a romantic mood. Similarly, a dinner at home or in a restaurant, eaten in a relaxing manner, during which time you “eat me with your eyes,” can express the most endearing messages to me. A simple note on the bathroom counter to be viewed first thing in the morning, the unexpected message in my lunch bag, or the act of spreading flower petals or chocolate Hershey Kisses on our bed say “I love you.” I am indeed rich in love. **Today I use my creativity to show you a way of demonstrating my love for you.**

JANUARY 21

Teaching

*Teaching a loved one a skill is
an act of love and patience.*

The thought of teaching you to ski filled me with great excitement to be able to introduce you to the exhilarating thrill of gliding down mountainsides, feeling weightless and free. I took time to coach you on the techniques and you were a receptive student, listening attentively and doing your best to follow my instructions. We took it one step at a time until you could stand up on your own and begin to carve your turns in the snow. I felt like a proud parent, my heart singing with joy. Thank you for your commitment to learn a skill that is important to me. **Today I commit to learning a skill or activity that brings enjoyment to you.**

JANUARY 22

Gatherings

You whisper words of love when we're in a crowd.

No matter the size of our social gatherings, sometime during a long evening you whisper, "You are the most beautiful woman in the room." Your words are magical to me. After all these years, we do still consider each other to be physically attractive despite our changes in appearance. We are not perfect, but you are by far, the most attractive person to me. We are seeing with our hearts. How sweet to know you find me so appealing. The next time we are at a gathering, I tell you, with a smile and look of adoration, that you are absolutely the most irresistible and attractive person in the room.

JANUARY 23

Patience

*Love is patient. Love is allowing you to find
your own answers.*

Love takes the time to listen, to learn, and to support. Love waits for you to discover and determine your own solutions, and not be pressured by my ideas for the way you might solve your problems. Although I continually want the best for you and am filled with the best intentions, my verbal responses to you may not be what you want to hear from me. You may think I am not taking enough time listening to you, or prematurely being too focused on your taking action in the ways I believe are appropriate for you. You are the expert on what is the right solution for you. **Today I ask you to please communicate with me directly if I am too pushy with solutions or advice for you. Indeed, you do have the best solutions within you, and I want to respect this.**

JANUARY 24

Sharing Responsibilities

***Any household responsibilities are easier
with you by my side.***

No matter how mundane the task, each project seems to go faster and smoother when we work together. I still remember when we were in college, how sitting next to you while we studied brought such rich anticipation and excitement. When we do yard work together, or when we clean the house, these chores seem to speed by with our involvement. Our conversations and unity of effort fortify us while we tidy our home and landscape. **Today we share a task we've been putting off and recapture the romance and commitment to each other by becoming engrossed in conversation while we work together.** We look on these tasks as a life process. We can become energized simply by working together while accomplishing everyday chores.

JANUARY 25

Seduction

*I want to make your heart flutter
with my eyes.*

How long has it been since I've seduced you? When we were dating, we'd playfully bat our eyes at each other, allowing the other to notice just how interested we were. You'd flirt and tease with your lashes and kisses, starting at my cheeks and ears—seeking your way down my neck, sending shivers of excitement down my spine and giving me goose bumps. You'd love the way you could elicit such immediate reactions. Almost simultaneously, I would whisper softly in your ears, my warm breath producing low moans of ecstasy from you. **Today we practice the art of seduction, learning even more ways to arouse the fire of love.**

JANUARY 26

Physical Attention

Today is for loving and honoring our bodies.

We may sometimes think we must have sex in order to feel connected with one another. **Today we take quality time to become re-acquainted with our bodies, and how we react to each other's touch.** We take turns massaging each other, noting when the other relaxes and breathes deeply and slowly, and when our respiration quickens or our muscles tighten. We are vulnerable and open. We cherish getting to know our bodies and pleasuring each other without sex, allowing us to just enjoy and relax, reveling in the sensations.

JANUARY 27

Dance

*Slow dancing with you is nostalgic and
allows me to feel close to you.*

We pick some of our favorite tunes, wrap our arms around each other, and sway slowly to the music. Then we dreamily close our eyes and imagine ourselves in a ballroom, listening to the sounds and noticing only the rhythm of our bodies. We match the other's steps and movements as we seemingly float away together. If we are jarred back to reality by the stepping on the other's toes, we giggle and capitalize on the moment. **Today we dance to the music—creating fun, romance, laughter and memories.**

JANUARY 28

TEARS

*Sometimes your tender acts of love can touch
me with tears.*

When tears flow, my emotions are pure. Sometimes the ways you look at me, hold me, and speak to me, move me to heartfelt tears of happiness. At times, I feel overwhelmed that I could be married to someone who is as unbelievably wonderful as you. We allow ourselves to recall and speak about a previous endearing event. For example, even when your funds were limited in college, you would stop by the campus greenhouse and select a handful of roses to delight me. My heart would melt. **Today, I allow myself to remember and express a tender gesture which moved me by the way you expressed your love.**

JANUARY 29

Personal Time

***We deeply love ourselves and each other by
creating personal time.***

Sometimes the best way to show how much you love me is by allowing me to have my own space and time. Perhaps this is so I can be with my friends or family. Other times, it's allowing me to be alone and indulging in a long, luxurious nap on the weekends. You might have taken care of our child while I slept, exercised, or leisurely read the newspaper. By having my own personal time to rejuvenate, I am refreshed—now more fully able to be with you. **Today we give each other the gift of personal time to use as we wish.**

JANUARY 30

Connectedness

*No matter how tired you are when my body
touches yours, you turn towards me.*

As you sleep, your body slowly gravitates toward mine, and you reach for my face, my hand, or my chest as we snuggle closer. As completely as the pieces of a puzzle—we fit oh! so perfectly together. Even in your sleep you whisper words of love as I come to bed. Thank you, my darling. We are truly one. **Tonight we consciously nestle together as we fall asleep.**

JANUARY 31

Communication

Communication keeps us connected.

From the very beginning, our relationship was based on our having great conversations. When we are so enveloped in our thoughts and words, we forget the passage of time. Each day brings a discovery of thoughts, feelings, and dreams. Our thoughts flow like a stream bursting with a life force that vitalizes and clarifies. **Today we take time to truly communicate our dreams and emotions.** We might discuss the goals we want to accomplish together this week, this month, or this year. Instead of just making a list of things we must accomplish, we share our responses and feel the synergy of our minds and affection. Let's steal time to talk together. Moments like these are kept forever as we grow even closer together.

Daily Affirmations for Love

Dear Reader,

"I hope you have enjoyed this book and that you have experienced a personal transformation of loving yourself and being even closer to the one you love. My wish for you is to experience the magic of "falling in love" and staying just as passionately in love throughout the years. There's no other experience quite like being in love and being loved!"

May you enjoy the gift of love,

Mamiko



**CONNECT NOW WITH THE LEADING AUTHORITY
ON OVERCOMING SELF-SABOTAGE IN LOVE,
RELATIONSHIPS AND HIGH PERFORMANCE**

**DR. MAMIKO ODEGARD, LEADING THE ACT ON
LOVE™ MOVEMENT AND THE DEVELOPER OF
THE 1 HEART 1 MIND METHOD, IS NOW
OFFERING LIFE CHANGING VIP INTENSIVE
RETREATS AND EXCLUSIVE CONCIERGE
PROGRAMS**

<http://www.drmamiko.com/>

Facebook

<https://www.facebook.com/Dr-Mamiko-104973559851930>

<https://www.facebook.com/ACTOnLove>

Email

Success@DrMamiko.com

LinkedIn

www.linkedin.com/pub/dr-mamiko-odegard/4/b65/140

Google+

<https://plus.google.com/+Drmamiko/posts>

YouTube

<http://bit.ly/Mamiko1Vs2KmL>

AUTHOR'S REQUEST FOR REVIEWS

If you enjoyed reading *Daily Affirmations for Love* I would appreciate it if you would help others enjoy the book, too.

- ♡ **LEND IT.** This book is lending enabled, so please feel free to share with a friend.
- ♡ **RECOMMEND IT.** Please help other readers find the book by recommending it to readers' groups, discussion boards, Goodreads, etc.
- ♡ **REVIEW IT.** Please tell others why you liked this book by reviewing it on the site where you purchased it, on your favorite book site, or your own blog. Amazon, being probably the largest distributor of books as the online giant bookstore, makes the review process easy... just click here — <http://amzn.to/2edZfOM>— then click on the hyperlink, Customer Reviews. You will be taken to just the right area to post your own review of what you liked about the book and what you feel other readers might experience. Oh, and thank you in advance!
- ♡ **EMAIL ME.** I'd love to hear from you.
Success@DrMamiko.com

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

