



How Can I Love You Today?

Lisa Brearley

A YEAR OF LOVE
SIX MONTHS OF LOVE



WHO IS LISA BREARLEY?

We are no different and at the same time we are both unique.

Born in 1973, in eastern Canada, into a loving and supportive family.

Maybe this was you, or maybe your family life was totally riddled with trauma and despair. Whatever our circumstance we **ALL** have a story. I suppose our difference may be that I choose to publish it!

I'm excited to have arrived at a place where I am proud to share, connect with others and live my best life ever.

I'm excited to share my learnings with you.

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HOW CAN I LOVE YOU?

Over the next few pages you are going to hear some
magical things.

How can I call them magical? They have added some sparkle to my life.

As with any 'advice' or 'words of wisdom' you can take anything I say with a grain of salt. You can choose to take it on as your own or throw it away. Maybe you take parts and throw away the rest.

Every opportunity (even you reading this e-book) can be looked upon as an experience, neither good nor bad. Every experience can be considered either a **WIN** and if not, a **LEARNING** experience. And that's it.

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HOW CAN I LOVE YOU?

How can I love you today was put into action shortly after my husband and I met in 2021. Scott learned this strategy and when we put it in action, it helped to shape the amazing relationship we have now.

When Scott and I ask this question to each other every morning, it tunes each of us into really listening to what the other needs.

From our early beginnings in our relationship, we made this a habit. **HOW CAN I LOVE YOU TODAY?**

Everyday, with our full commitment, we would do our best to show our love and commitment by following through with each other's request.

This was **pivotal**.

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A **soulmate** isn't someone who completes you. No, a **soulmate** is someone who inspires you to complete yourself. A soulmate is someone who loves you with so much conviction, and so much heart, that it is nearly impossible to doubt just how capable you are of becoming exactly who you have always wanted to be.

Bianca Sparacino



HOW CAN I LOVE YOU?

How Can I Love You Today helped to create a strong relationship, where authenticity and communication was key. This was magical for us.

However, after writing *A Year Of Love* and then as I was processing through writing *Six Months Of Love*, I discovered the **BEST** magic.

It wasn't about asking someone else ***How Can I Love You Today?***

No, it was about looking in the mirror and asking myself that question.

So from then on, I would stand in the mirror and ask myself that question.

Answers ranged from drinking 8 glasses of water to getting in my daily exercise to spending time in nature. I discovered that taking care of me is how I can show up for others as well.

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WHEN YOU TAKE TIME TO
REPLENISH YOUR SPIRIT, IT
ALLOWS YOU TO SERVE OTHERS
FROM THE OVERFLOW. YOU
CANNOT SERVE FROM AN EMPTY
VESSEL." – ELEANOR BROWNN



WHAT'S NEXT?

The Magical Triangle.

If you know any authors, you will know they are often thinking of their next book, what the title will be and what they will include in their next work of art.

Well, as an elementary school teacher and now substitute teacher, I have witnessed first hand the emotional distress of many students, parents and teachers.

With my coaching, my teaching experience and what I've learned so far from publishing 3 books, I'm planning a book to support these interconnected groups - *the Magical Triangle.*

Life is short.
Get creating!
Live your best life ever!

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connect

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