

Love ↔ Links Life-Skill Formulas

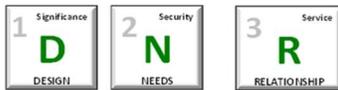
Love-Links has three foundational *Life-Skill Formulas*: These formulas help explain how you can develop servant relationships, center your competencies in well-being, and fit in any area of life to achieve fulfillment. These summarized formulas provide skills needed for home, work, and play.

LS Formula One: **Building Healthy Relationships**

Are you wanting to better make, understand, or restore a relationship? You can use this formula to help you make, rebuild, and keep healthy relationships. Your Design (D), Needs (N), and Relationships (R) make up your **Behavioral-Self**. They work together to make the following formula for making, understanding, and rebuilding relationships:

$$\text{Design (D) + Needs (N) = Relationships (R)}$$

It works like this: If I know my design and the design of others, I can know and meet our needs. Meeting the needs of another, especially to be loved, is the strongest way to make, understand, and rebuild a relationship. Start by understanding your designs. Use these insights to understand needs, and then use what you discover to better communicate, love, and relate with others. You can learn how to serve them better, and serving others is a solid foundation for relationships.



LS Formula Two: **Developing Competence**

Are you wanting to make the most of you talents, skills, and potentials? You can use this formula to help you maximize your competencies in life. Your Belonging (B), Worth (W), and Competence (C) make up your **Developmental-Self**. They work together to make the following formula for achieving a sense of well-being and developing your competencies:

$$\text{Belonging (B) + Worth (W) = Competence (R)}$$

It works like this: If I know how to belong, my sense of worth can be healthy, and I am free to develop competence without using or abusing others. When you develop your competence based upon your personal potential, and not upon using or demeaning others, you become confident in what you do, and can stand alone when needed. This is a powerful and attractive character quality to employers and anyone who works as a team with you.

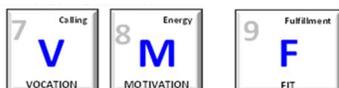


LS Formula Three: **Finding Purpose Wherever You Fit**

Are you wanting to make sense of what your life is all about so decisions make sense? You can use this formula to help you find purpose for your choices wherever you fit in life. Your Vocation (V), Motivation (M), and Fit (F) make up your **Life-Motivational-Self**. They work together to make the following formula for achieving the ability to be fulfilled wherever are in your life:

$$\text{Vocation (V) + Motivation (M) = Fit (F)}$$

It works like this: If I know how my vocation and calling connect together, I have greater motivation and resulting energies to adapt successfully, and fit into any situation with a sense of fulfillment. This formula is especially dynamic, in that we usually do not control our situations, and continually learn about our calling throughout our life. Knowing this formula helps you be “flexible and content” anywhere by forming good attitudes and choices. Life can be enjoyed anywhere!



How Do These Formulas Work? These skill-formulas for relationships, competence, and fit can be easily understood and used on a daily, person-by-person, and situation-by-situation basis. Used together, however, they help us attain **balance** in our life's pursuits. These *Life-Skill* formulas represent the behavioral/body (soma), developmental/soul (psyche), and life-motivational/spirit (pneuma) partitions of our lives, and come together holistically in *The Image Cube*®.

