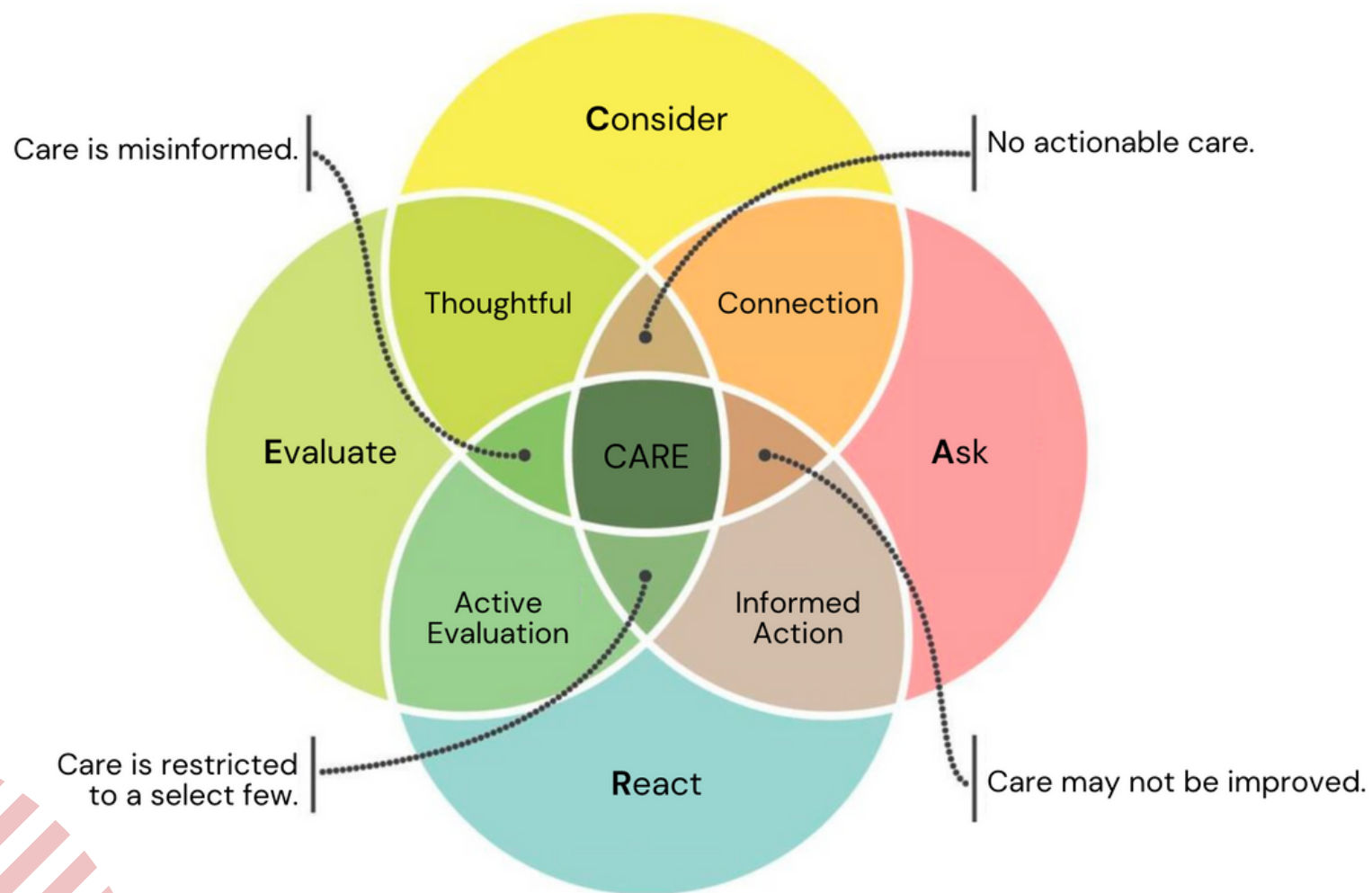


Love Challenge

We challenged our Laidlaw Scholars to practice Leading with Love. We are featuring scholars to showcase unique and creative ways of how love can be cultivated.



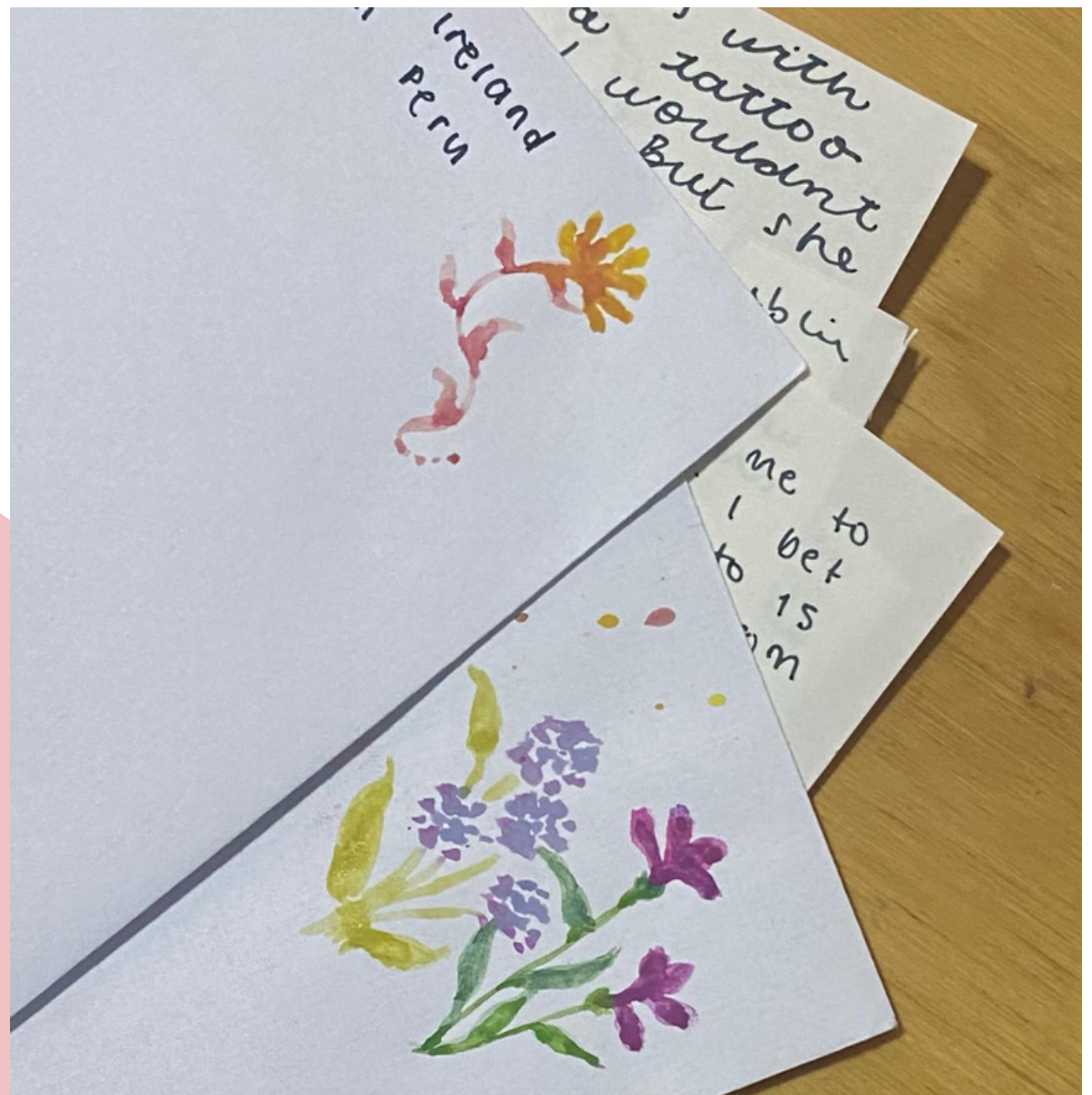
Love Challenge

Jimena Alvarez

I decided to be more intentional with the way I feel about the people around me. I came to realise that with words of affirmation I can truly express myself. I decided to write a Valentines letter for each one of my friends to show them my gratitude and appreciation.



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



Love Challenge

Leo Shih

Leadership with love meant working with a group of my friends in preparing for our International Relations exam. We each took the lead on one portion of the prep work, and used the time we studied together as a bonding experience to tie us closer together.



Georgetown
University



The Oxford
Character
Project

Love Challenge



Youness Robert-Tahiri

For this challenge, I reflected on the CARE framework that we learned about in our last session. Throughout this portion of the session, I became curious about if I even applied this framework to myself (e.g., do I take the time to really ask myself if the way that I am caring for myself is actually fulfilling?). Therefore, I approached this challenge from an “inward-and-then-outward” perspective—I aimed to cultivate self-love within me first before attempting to express it authentically to others. To achieve this, I utilized free guided meditations generously provided by Dr. Kristin Neff’s website on self-compassion: <https://self-compassion.org/guided-self-compassion-meditations-mp3-2/>. Throughout the challenge, I engaged in these acts of care towards myself, and I feel they have helped me become in a better position to lead more authentically with love.



UNIVERSITY OF
TORONTO

SELF-COMPASSION
Dr. Kristin Neff

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Guided Self-Compassion Meditations (MP3)

Right click link below to download - then choose “Save Link As” or click to listen to the meditations:

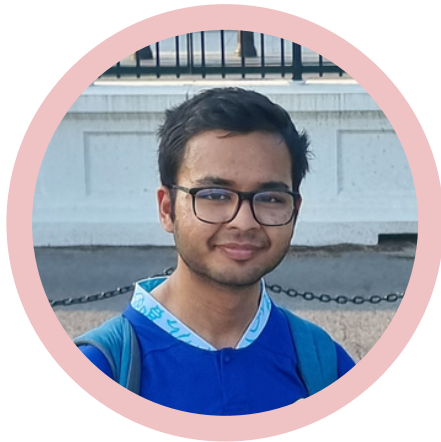
- Affectionate Breathing [21 minutes]
- Compassionate Body Scan [24 minutes]
- Loving-Kindness Meditation [20 minutes]
- Self-Compassion/Loving-Kindness Meditation [20 minutes]
- Noting Your Emotions [18 minutes]
- Soften, soothe, allow: Working with emotions in the body [15 minutes]
- Self-Compassion Break [5 minutes]

SELF-COMPASSION EXERCISES



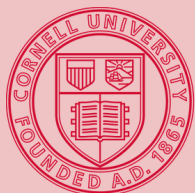
The Oxford
Character
Project

Love Challenge



Anannyabrata Mandal

The idea of leading with love stands out to me, especially as a young adult and university student who may end up in situations that feel overwhelming, and where it seems there is no one to support me. However, deeper evaluations show there is no dearth of people who care about me, and who are there to assist me, whether that is with something as simple as asking about my day. My parents definitely love me unconditionally -- this I do not doubt. Yet sometimes, when I feel very occupied, I notice how I do not make time for those who love me. Recently, I have been actively trying to make myself more available for calls and conversations with my parents, as well as planning hangouts with friends who are dear to me. It is not enough to simply care about or love them in my mind, or to carry out actions of love without giving due thought and consideration. Both are equally important.

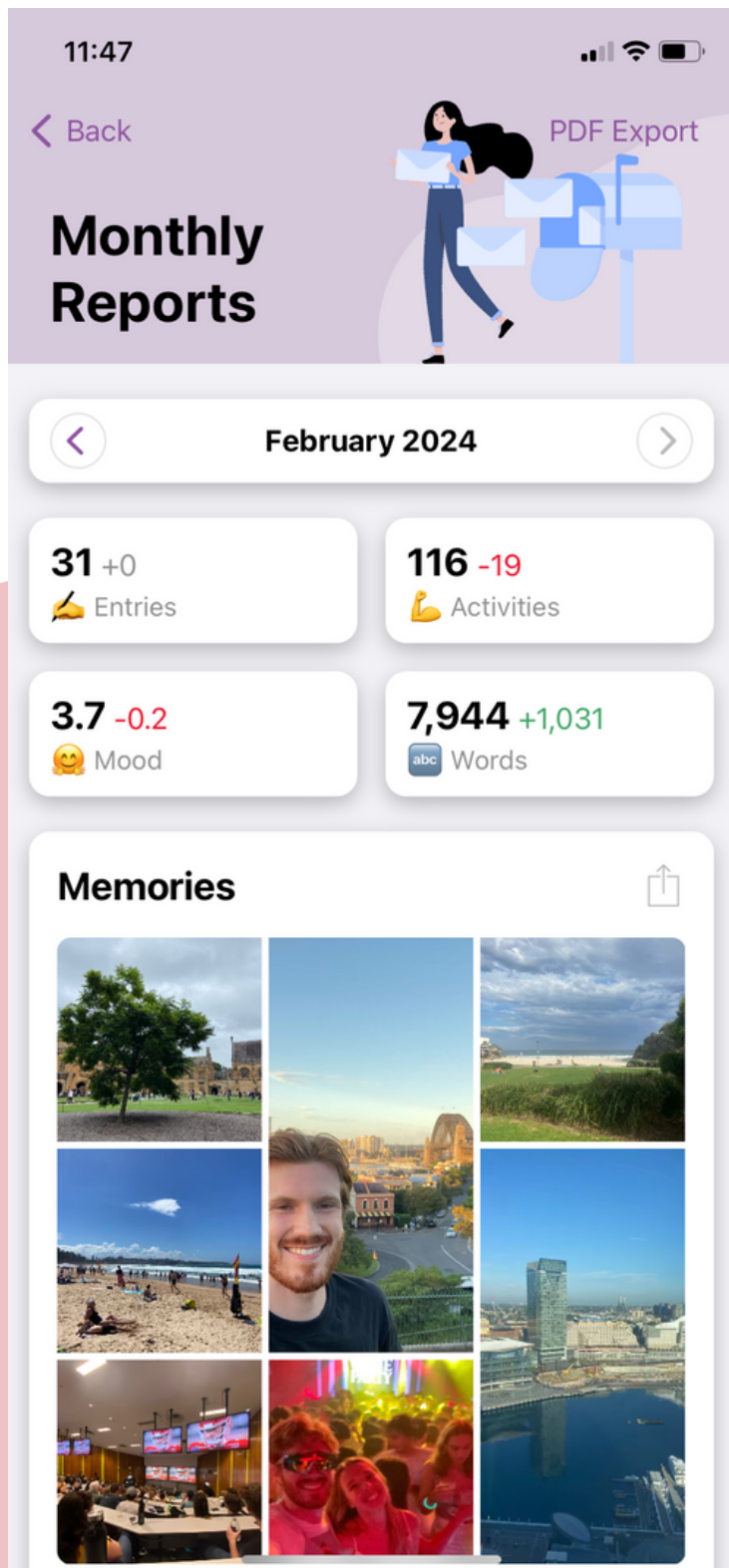


Cornell University



The Oxford
Character
Project

Love Challenge



I'm still using the Daylio app to track activities, my mood, and long-term goals. As I've been abroad, it's been difficult to stay connected with my tight community back home, but I've been facetimeing and calling as much as possible. I also created a shared album for my travels with my family.

Love Challenge



I engaged with the challenge in 3 different ways:

- 1. I have tried to reflect on what my love language is and how frequently I use it. I give gifts a lot, and I believe it is my primary love language be it in platonic or romantic relationships. However, the love language I like to receive is words of affirmation. I usually ruminate negatively on events and tasks, and therefore really benefit from words of affirmation.**
- 2. The second way I have engaged with the challenge is by asking how the people in my life how they would like to receive love. Although I put a lot of consideration into the gifts I give, I have never considered if gifts themselves are the way to go. As such, I've been trying to have conversations with friends regarding how they would like to receive love**
- 3. The last way I have engaged with the challenge is by reacting to people's feedback and trying to give them love in the ways they outlined. This put me a little bit out of my comfort zone since physical touch like hugs make me slightly uncomfortable. But I have been trying to improve and expand the ways in which i interact with the people in my life in such a way.**