



*Forever and Ever
...And Then Some*



Coach Jim

Welcome to Session Three of your True Love That Lasts Journey Participant's Guide

Goal of This Journey

- To offer you an experience not-readily-available
- To help you on your journey
- *To enjoy and love your spouse*
- *A little bit more each day*
- And share this journey with those you care about.

"Examine yourselves to make sure you are in the faith.

Test yourselves. Do you acknowledge that Jesus Christ is really in you?

If not, you have failed the test."

2 Corinthians 13:5

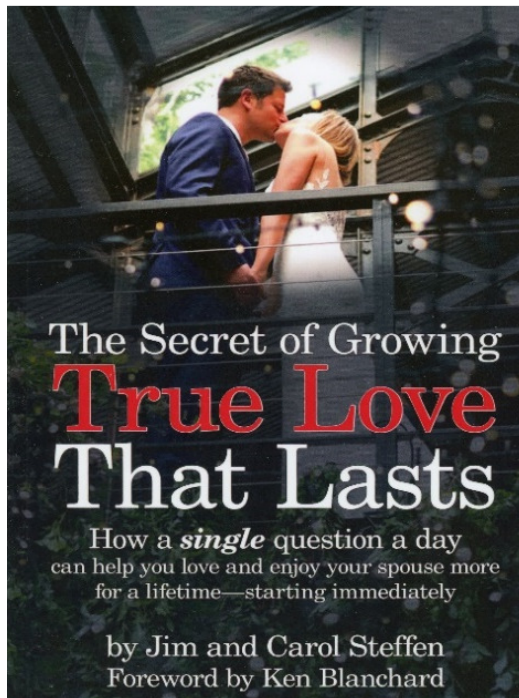
**Holy Spirit, help us live this True Love That Lasts Journey,
acknowledging that Jesus Christ is really in us,
and guide us to treat our spouse the same way.**

Inspired by *Pope Francis*

Based on *Pope Benedict XVI*

Promoted by *Bishop Caggiano*

Guided by *The Secret of Growing True Love That Lasts*



Pages in Book

10. Question Two: The Love of Benevolence
 Can Just One Person Make It Work?..... 45

11. Question Three: The Love of Union –
 How to Live Life to the Fullest Now?..... 87

12. The Easy Way to Grow the True Love That Lasts Habit..... 101

Here is the *most important action* to take from Session Three

Habit Builder

Ch. 6 Begin using Habit Builder with question of day16

Option Read Chapter 2 for a better understanding of the Habit Builder

Ch. 10 Question Two: The Love of Benevolence Can Just One Person Make It Work

Points to Ponder

Maria's Summary of Visit with Pat and Harry

"I've been thinking about this all day. My answer has three parts. First, the question, How can I appreciate and value my love more today, is so simple. Second, the one asking the question receives benefits almost immediately when asking the question. And the third part is the loved one also benefits even if they are not there or aware of the question. John, what most impresses you?"

John Replied

"I agree with all you said. But what impressed me most was how a simple question a day changed two people's lives almost immediately and for the rest of their life."

Maria replied

"Agreed. But I would change that from two to five. In fact, the three kids could well be benefiting long after their parents have graduated to heaven. They'll be less likely to get divorced."

Question 1: Which insight or combination of insights most resonates with you, or would you like to build your future on?

Just One Person Asks The Question-of-the-Day

- Mrs. Jackson:

- Only one asking the True Love That Lasts question-of-the-day
- Feels she gets more benefits than her husband does
- Feels she benefits 3 of 3 – before, during and after
- As the story shows, she has a method to appreciate him more regularly
- *Not emphasized in the book, she has a method to remember to please him regularly.*

- Mr. Jackson

- Certainly a hard-working providing husband
- Only receives benefits during and after a benefit like the surprise party
- From his own words, is totally involved in the challenges and problems of his business
- Lacks a method to value and appreciate his spouse regularly

Question 2: Would the above encourage you to ask the question-of-the day even if your spouse did not?
Would the above encourage you to ask the question-of-the day even if your spouse did it only sporadically?

Question 3: How would you explain the fact that just needing one person to ask the question of the day makes the True Love That Lasts Process a stronger, versatile process?
What restrictions might happen if both partners HAD TO ASK THE QUESTION OF THE DAY?

Not Explained in the Book but the Video Series¹

The Tuesday/Friday question is: *How can I please and surprise the one I love more today?* The True Love That Lasts Video Series points out that this is the key to making it *true love vs false love*.

Question 4: How does asking and answering this Tuesday/Friday question help you build True Love vs Self Love.
What is the motivation that makes it True Love? What is the motivation that makes it self-love?

Considering the above, reread the chapter in the book – ideally with your spouse – then give yourself a Significant Competitive Edge by completing the following to your satisfaction:

The insights I want to remember are....

To enjoy the benefits of my insight(s), the **actions I will take** are...

- Taking into consideration St. Paul’s reminding us Jesus is always in you and your spouse,
- You now not only give yourself a SCE by answering these two questions in writing, but all you share your answers with.
- Holy Spirit now guide our answers as we stop the presentation and write.

During the Webinar

The insights shared by the leader or fellow participants I want to remember are...

¹ The True Love Video Series offers many insights gained while doing Webinars of the book. Since it comes out weekly for 37 weeks, it is a great reminder to help build the habit of asking the True Love Question daily. It’s free from the Diocese of Bridgeport. Go to <https://bit.ly/truelovevideos>

Ch. 11 Question Three: The Love of Union How to Live Life to the Fullest NOW?

The Wednesday/Saturday Question is built on the Love of Union. It is:

How can I be closer to and united with the one I love more today?

Points to Ponder (HINTS) 1

The Beginning of Love - Appreciating and Valuing >>>> Wanting to be with and closer

When you appreciate and value your spouse more using the Monday/Thursday question, the most natural thing is to want to be closer and *more united* with your spouse.

Pleasing and Surprising >>>> Wanting to be with and closer

When you please and surprise your spouse more using the Tuesday/Friday question, the most natural thing is to want to be closer and *more united* with your spouse.

Conclusion

"The Love of Union is the crown or natural pinnacle of all love." (p.95)

Question 1:

How might you use this relationship to consciously be closer to your spouse and even with your God?

Let's Make This More Personal

In our story, Ray enjoyed his wonderful girlfriend Eleanor's living life to the fullest. When he asked her how she does it, she said the key is this well-worn card that she carries:

This Moment
*It's a gift from mom, dad, and Daddy.
I've been freely given this moment. Use it!
Not sure how many more I'll be given.
Celebrate this one for Rosie...*

Question 2.

What event do you have in your life like Rosie's passing early, or what might you think about that can motivate you to *Live Life to the Fullest* like Eleanor?

Create Your Own Card

This Moment
*It's a gift from mom, dad, and Daddy.
I've been freely given this moment. Use it!
Not sure how many more I'll be given.
Celebrate this one for*
.....

Continuing: Let's Make This More Personal

At the end of Maria and John's interview with Ray, after telling them of Eleanor's death on the Monday after Mother's day three years after beginning to ask the questions together, Ray stopped. He smiled and said,

"Babe (Eleanor) was right. Daddy, her favorite name for God, would take care of us....
"Ray continued, 'Looking back, three things come to mind. Babe's two facts are so right:
First, every moment is a *gift* from our parents and God.
Secondly, *we never know* how many more moments (gifts) we will be given.
Thirdly, these two facts helped us take the Wednesday/Saturday question,
How can I be closer to and united with the one I love more today? to new heights.
"If, when we met Bill and Carrie, I knew Babe and I only had three more years together, I would have wanted to live those three years exactly the same way – *being closer to and more united with Babe each day.*"

Question 3.

What thoughts and actions might this section, especially the last sentence, suggest to you?

Considering the above, reread the chapter in the book – ideally with your spouse – then give yourself a Significant Competitive Edge by completing the following to your satisfaction:

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Ch. 12 The Easy Way to Grow the True Love That Lasts Habit

The Most Important Action from Session 3

Better

THE KEY to Make Your True Love That Lasts Journey a Success

Now that you have all three questions with Chapter 11, your most important action explained in Chapter 12 is beginning to build the habit of asking the question of the day.

- It's easy – takes less than 5 seconds
- The benefits are huge (Many listed on next page)
- **Caution**
- An easy action and huge benefits give you no benefits, zero, zilch if you don't ask the question of the day.

Co-author's Personal Note

I thought if I figured out an easy method (just a simple question) to grow True Love That Lasts, we have it.

But I discovered I still had no benefits if I forgot to ask the question of the day.

Thus the **True Love That Lasts Habit Builder** was born to make it very easy to build the habit.

Directions

1. In the Habit Builder read Chapter 2, **The Characteristics of an Effective Habit Builder**.
You'll see in Chapter 6, page 16 we followed each of the 5 characteristics to the letter.
2. Begin using the Habit Builder after reading pages 16 & 17.
3. To assure your success in building the habit of asking the question of the day
 - and enjoying all the benefits listed on the next page
 - be sure you do these three things:
 - **Put the Habit Builder/Calendar where you begin your day.**
 - **When you have asked and answered the question, cross off the day.**
 - **Don't break the chain**

Benefits of Asking the QEP (Quick-to-learn, Easy-to-use, Proven-to-work) Question of the Day

Immediate benefits:

1. It will take you *less than 1* (that is one) minute a day.
Actually, it takes about 5 seconds to ask the question of the day.
2. It will give you an immediate *positive outlook* on the *one you love*.
3. The *one you love* will benefit – depending, of course, on how you answer the question.
4. Your *relationship* will grow a little each day.
5. You will take another step toward *marital happiness* (if it is your spouse or spouse-to-be).

Lifetime Benefits

1. It can work if you are just starting today
2. When you are engaged
3. When you just married
4. When you have children (You might really need it now :-))
5. Even if you are married 55+ years as Bill and Carrie
6. You avoid the beginnings of divorce

As with the Doleshes, they were not thinking of even the possibility of divorce when trying to win the “*I got ya*” game. You probably are not thinking of divorce either. However, since close to 50% of those married today will experience the sadness of the virus of divorce in some tomorrow, using the *preventive vaccination* of the question-a-day will be a smart investment of a few seconds a day with rich ROI.

Points to Ponder (HINTS) 1

Question 1

Will you make the commitment like John and Maria to use the calendar and ask the question of the day for the next month? Yes___ No___ because

For your convenience page 105 in the book follows.

Also for your convenience on the next page above the calendar are listed:

- **The Keys to success and**
- **The Questions-of-the-day**

Goal

**To grow the enjoyment and love of my spouse a little each day
by asking and answering just one simple question.**

Key to Success 1. Put the calendar where *you begin your day*. 2. After asking the question, cross off the day. 3. *Don't break the chain*. **Options** Put questions in other places. Record special insights on previous page.

<p>Monday/Thursday **How can I appreciate and value the one I love more today?</p> <p>Tuesday/Friday **How can I please and surprise the one I love more today?</p>	<p>Wednesday/Saturday **How can I be closer to and united with the one I love more today?</p> <p>** To accept God's invitation to be your Partner, add "Loving Partner God" before each question. (See Ch. 16)</p>
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Month **Directions p. 16** **Score of Month** / Did Not Break The Chain? Yay!!! Ug!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
—	—	—	—	—	—	—
—	—	—	—	—	—	—
—	—	—	—	—	—	—
—	—	—	—	—	—	—
—	—	—	—	—	—	—
—	—	—	—	—	—	—

Points to Ponder (HINTS) 2 --- Learning from New Year’s Resolutions

Many – maybe most people – recall after they make a New Years resolution, little happens after a few weeks if they don’t review the resolutions almost daily.

Question 2:

If you have experienced the above, might you avoid it happening with something so important as increasing the enjoyment and love of your spouse a little each day by using the calendar to review and score keeping your resolution daily?

Points to Ponder (HINTS) 3 --- Sharing Your Answers

In the Book (p. 106)

When Carrie was asked if she tells Bill her answers to the daily question, she said,

“Only when they are brilliant.”
When you ask the question of the day there is great freedom.
1. You can tell your partner that you are asking them, but you don’t have to.
2. You can tell your partner your answers, but you don’t have to.
3. It is suggested that you note some of your best answers.
In the Habit Builder see the page before the calendar, i.e. p. 16 to record these special answers.

Question 3: Which of the above resonates with you?

Considering the above, reread the chapter in the book – ideally with your spouse – then give yourself a Significant Competitive Edge by completing the following to your satisfaction:

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 - **Don't break the chain**

How to Print and Share These Insights

1. Scroll so you can see the tool bar on top.
2. When you have reviewed the presentation and completed your Participants Guide to your satisfaction,
 - **On the top right of this original document, click on the arrow.**Save this PDF in your True Love That Lasts Movement Text folder.
3. **The day before your team meeting, send the PDF of this Section to your Coach.**
 - Your Coach needs your Participant's Guide to lead the team meeting.
4. Return to the original. **Print the text with your answers.**
 - Having the printed copy will make it much easier to share in the Partner and Team Meeting.
 - It is an excellent practice to save these in a loose leaf for future reference.

Parting Wish

*I hope the rest of your life is the best of your life
because you make it that way by building the habit
of asking just the one True Love That Lasts question a day.*

*And may the Source of All Good bless you and your partner
beyond your wildest dreams.*

See you in session four.