

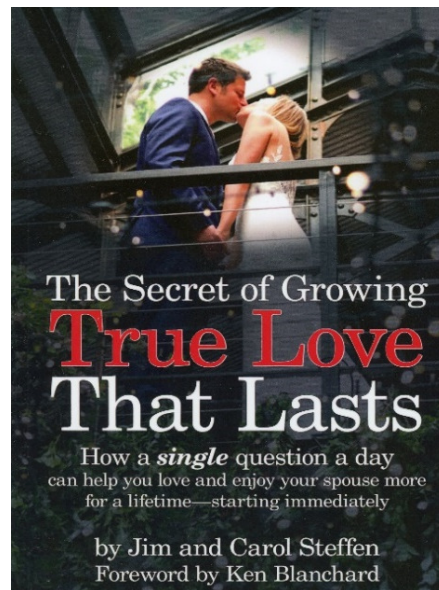


*Forever and Ever
...And Then Some*



Coach Jim

Session Three True Love That Lasts Movement Participants Guide



Session Three

Book

- Ch. 11. Question Three: The Love of Union –
How to Live Life to the Fullest Now?..... 87
- Ch. 12. The Easy Way to Grow the True Love That Lasts Habit.....101
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- Ch. 13. Were the Discoveries of the First Month enough?.....109

Habit Builder

- Ch. 6 Begin using Habit Builder with question of day16
- Option** Read Chapter 2 for a better understanding of the Habit Builder

Chapter 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

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.

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.

“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 your God?

Points to Ponder (HINTS) 2

Additional Hints to make this chapter 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?

Points to Ponder (HINTS) 3

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?

*Taking Chapter 11 and Points to Ponder into consideration, the insights **I want to remember** are....*

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

Chapter 12

The Easy Way to Grow the True Love That Lasts Habit

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

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** But 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, I'd 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-use, 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, **the Keys to success and questions** are listed above the calendar on the next page.

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

Many – maybe most people – recall after they make a New Years resolution, little happen 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

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 answer.

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?

*Taking Chapter 12 and Points to Ponder into consideration, the insights **I want to remember** are....*

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

Chapter 13
Were the Discoveries of the First Month Enough?
(...to get Maria to say "Yes")

Points to Ponder (Hint)1

When John and Maria returned after the 30-day test, she shared what helped her to say "Yes!" to John proposal:

1. The question of the day acted as the **event** that turned the carbon of coal into a diamond. But in her case the question of the day helped her appreciate John all day. John said, "I really like that."
2. She felt the question of the day gave her what she really wanted – an *intentional method* to grow True Love a little each day (Like Deming's Kaizen's continuous improvement).
3. The interaction of both her and John's asking the questions helped them "sparked each other."

Question 1:

Which of the above resonates with your asking the question of the day.
Or which of the above would you especially like?

Points to Ponder (Hint)2

Maria said: (p.111)

"Bill talked of the two selves that get up in the morning – the get-going self or the reflective self.

I must say that before this I was definitely a get-going self.

"The event or process of asking the question of the day, then meditating on my answer, is certainly moving me to let more of my reflective-self shine."

Question 2:

Are you a *get-going self* or a *reflective-self*?

Does asking the question of the day help you let more of your reflective-self shine?

Taking Chapter 13 and Points to Ponder into consideration, the insights I want to remember are....

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

How to Print and Save Insights

1. Scroll so you can see the tool bar on top.
2. When you have reviewed the presentation and completed your Participant's 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. Return to the original. Print the text with your answers.

Suggestion: It is an excellent practice to print your answers for easy future reference.

If you are printing them, purchase a loose leaf. On the spine write True Love That Lasts Movement.

4. Sharing Participant's Guide

If you are working with a partner that is located at a distance, you might want to send your link for your partner's discussion

Critical: Completing the Participants Guide will make it possible for you to get and share much more if you are in a partnership and/or a webinar.

Parting Wish

*Building the habit of asking just one question a day,
I hope the rest of your life is the best of your life.
And may the Source of All Good blesses you and your partner
beyond your wildest dreams.*

See you in session four.