



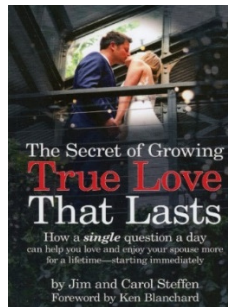
*Forever and Ever  
...And Then Some*



*Coach Jim*

## Session Three True Love That Lasts Movement

### Certified Coach's Guide



**Built on Participants' Guide** – check your notes when you took the webinar.

**Built in conjunction slide** you might want to use in your presentation. (See end or slides for presentation)

#### Directions to use the Coach's Guide

- Play it from the internet. Several times large section will come from the book.

#### 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  
**Here is the most important action to take from Session Three**
- Ch. 13. Were the Discoveries of the First Month enough?.....109

#### Habit Builder

- Ch. 6 Begin using Habit Builder with question of day .....16
- Option** Read Chapter 2 for a better understanding of the Habit Builder

Book and Habit Builder are available at: <https://www.truelovethatlasts.us/kit.html>

**(Direction) It is recommended that you play the following from the internet beginning now.**

## Co-authors' Challenges

1. How to explain the Love of Union as the crown or natural pinnacle of all love.
2. How to explain *Live Life to the Fullest* in a very simple, practical way.
3. How to build – join – one and two so what seems like a catastrophe can even become a celebration.

## 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?*

**Special Note:**

*Even though our primary focus is growing the love of your spouse a little each day, there are some natural - even wonderful - implication for loving God and enjoying Him in heaven itself. I'll share this just after the Question below.*

**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.*"

***What seemed to many to be a catastrophe, i.e. Eleanor his wife dying at 39 leaving him four children, the youngest was less than two, Ray saw living their last three years together using the Question of the Day as a celebration.***

**Question 3.**

**What thoughts and actions might this section, especially Ray wanting to live his last three years with his wife exactly the same, suggest to you?**

**Stop the Presentation to share Holy Spirit's insights with team.**

*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...

**Co-authors' Challenges -- Chapter 12**

1. The GOAL of the True Love That Last Movement is to use the Question of the Day as the EVENT that helps you grow the enjoyment and love of your spouse A LITTLE EACH DAY. Thus your marital happiness increases and increases daily, and divorce become a non-question.

However just knowing:

- The Question of the Day
- How it is built on a workable definition of True Love
- How it can change a life like the Doleshes
- Will give you no – zero – zilch – benefits

To receive benefits you need to **build the Habit** of asking the Question of the Day *each day*. The Co-author's challenge is to provide a QEP(Quick-to-learn, Easy-to-use, Proven-to-work) method to build the daily True Love That Lasts Habit.

2. Once this QEP is discovered and provided to all, what is *the single thing* that prevents it from providing these life-changing results?

**Chapter 12*****The Easy Way to Grow the True Love That Lasts Habit*****Reality Checks****Learning From New Years Resolutions**

Recall the experience of most people. When you make New Years Resolution in January, how many are not only not kept, but even remembered in June if the resolution is not frequently reviewed.

**Learning From Sports**

Why are all sports able to demand such attention and focus. Because they keep score. The score helps focus on the goal, i.e. to win.

-We want you to win with growing the enjoyment and love of your spouse a little bit each 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.

**So Critical, put it in the book**

Listen to Maria's concern.

This is so critical

**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.

This is so important; I would like to walk you through it now.

**Goal**

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

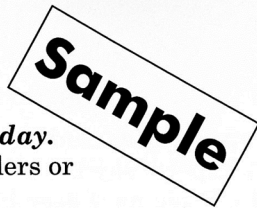
**Key to Success** 1. Put the calendar where *you begin your day*. 2. After asking the question, cross off the day. 3. *Don't break the chain*. **Options** Put questions in other places. Record special insights on previous page.

<p><b>Monday/Thursday</b> **How can I appreciate and value the one I love more today?</p> <p><b>Tuesday/Friday</b> **How can I please and surprise the one I love more today?</p>	<p><b>Wednesday/Saturday</b> **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
—	—	—	—	—	—	—
—	—	—	—	—	—	—
—	—	—	—	—	—	—
—	—	—	—	—	—	—
—	—	—	—	—	—	—
—	—	—	—	—	—	—

## Chapter 5 The True Love That Lasts Habit Builder



**Directions for the Next Page**

1. **CRITICAL** Put *this Habit Builder where you begin your day.*  
If weekdays and weekends are different, have two Habit Builders or at least a second calendar
2. When you have asked and answered the question of the day, cross off the day.
3. Don't break the chain.

**Option:** Add a word or phrase to remind you of your success yesterday.

**Memorable Events and Insights**

Occasionally—possibly frequently—the question of the day and the answer will lead to a Memorable Insight or Event. By capturing them below, you can use them to build on weeks, months, even years in the future. This page becomes your True Love That Lasts diary/history.

**Month 1. Memorable Events and Insights**

Appreciations and Value	Pleasing and Surprises	Time Close to and United
<ul style="list-style-type: none"> <li>• Spouse made supper again</li> <li>• Spouse took care of tax again - BRILLIANTLY got thousands back!!!</li> <li>• Spouse helped me with huge report - he/she is so smart</li> </ul>	<ul style="list-style-type: none"> <li>• Spouse arranged for kids to surprise me on my birthday</li> <li>• Spouse took me to place of our first date - repeated first kiss this, time with selfie</li> <li>• No Birthday or anniversary - Spouse surprised me with new bike just to say "I love you!"</li> </ul>	<ul style="list-style-type: none"> <li>• Took a nap together</li> <li>• Went for a long walk</li> <li>• Plan repeat trip of honeymoon</li> <li>• Both got kayaks for weekend trips together</li> </ul>

**Becoming More the Person I Want To Be**

At the end of the month complete the sentence *Next month I will...*<sup>1</sup> This commitment to yourself, shared with your partner, is a very simple method to become more the *Person You Want To Be* each month:

- By continuing to do something you did well last month.
- By improving some area you or our partner identified as improvable.

**Becoming More the Person I Want To Be** related to the Person I REALLY Care About

**NOTE:** Place your "Next month I will..." commitment on the next month page to review it daily next month!

*Next month I will...*

*Surprise my spouse more than spouse surprised me this month.*

*No "got ya game" competition. (See Ch. 8 in book)*

*Spouse's surprises this month will be hard to beat.*

1. When accepting God's invitation to be your Partner for your marital success, now is a good time to ask for His guidance completing this sentence.



**Co-authors' Challenges**

1. To demonstrate how the Question of the Day can be an event that focuses all your actions during the day.
2. To demonstrate how the Question of the Day can help you go from a "get-going-self" to a "reflective-self."

**Chapter 13*****Were the Discoveries of the First Month Enough?****(...to get Maria to say "Yes")***The Question of the Day as The EVENT**

- That can focus all your actions during the day.

This is so important we go to the book. The audio you will hear is from the audio version of the book available at Amazon read by Peter Lerman. Maria is speaking...

**Put the book in – at end ask question 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 – or this section of the book - 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?

**Coach** – Stop the presentation so we can hear what the Holy Spirit is helping us focus on.



*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...

**Critical** – Be sure this Participants Guide is **completed to your satisfaction**.

This will make it possible:

- For you to get the *most benefits* from this experience
- For you to share with greater ease in *your Couple's Partner Meeting*
- For you to make the *most significant contribution* in your team meeting with Coach.

### 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 Participants 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 blesses you and your partner  
beyond your wildest dreams.*

See you in session four.