



*Forever and Ever  
...And Then Some*

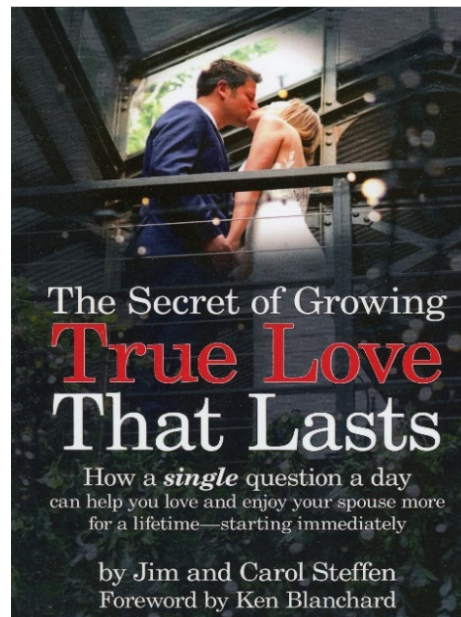


*Coach Jim*

## Session Four

# True Love That Lasts Movement

### Certified Coach's Guide



**Challenge 1 Review of Progress** (Learning from sports)  
Building the *Asking the Question of the Day* Habit

### **Challenge 2 The Event**

Making the Question of the Day *THE EVENT*  
That Guides You to *Live Life with The Attitude of Love*

### **Challenge 3 The Skill Many Lack**

Ch. 14. The Fourth Question: *What is the Skill Many Lack?* p. 115

1. Something Missing
2. Golden Rule vs Platinum Rule
3. Use Fact-Feeling-Request at least twice

**Co-author's Challenge**

1. Every good program has an assessment method to judge progress on the key factors of success. What are the key factors to the goal of building the True Love That Last Question of the day habit?
2. How can the Holy Spirit speak through each of us for the benefit of the rest of us, i.e. what are examples of success that we can imitate?

**Challenge 1 – Review of Progress****Building the *Asking the Question of the Day* Habit****Learning from Sports -**

- The home team – The away team – All fans >>> Know the score, i.e. key to motivation

**Progress Review - Score Session 3 to 4**

Key Activity	Yes	No
1. Put scorecard/calendar where I begin my day		
2. Crossed off day after asking and answering <i>question of the day</i>		
3. Did not break the chain		

**Progress Review - Score Session 4 to 5**

Key Activity	Yes	No
1. Put scorecard/calendar where I begin my day		
2. Crossed off day after asking and answering <i>question of the day</i>		
3. Did not break the chain		

**Progress Review - Score Session 5 to**

Key Activity	Yes	No
1. Put scorecard/calendar where I begin my day		
2. Crossed off day after asking and answering <i>question of the day</i>		
3. Did not break the chain		

**Part 2. How can the Holy Spirit speak through each of us for the benefit of the rest of us, i.e. what are examples of success that we can imitate?**

**Monday/Thursday** *How can I appreciate and value the one I love more today?*

*One way I answered (or might answer) this question was....*

...

**Tuesday/Friday** *How can I surprise and please the one I love more today?*

*One way I answered (or might answer) this question was....*

...

**Wednesday/Saturday** *How can I be closer to and with the one I love more today?*

*One way I answered (or might answer) this question was....*

...

**Next Week – Starting Immediately**

*Next week I will do the following to improve...*

...

**Directions**

Turn off the presentation so the Holy spirit can talk through each of us for the benefit of all of us.

## Challenge 2 – The Event

### Co-author's Challenges

**Part 1. How to explain the difference between:**

- Question of the Day as a quick answer, get the rest of your day going
- Question of the Day as an **EVENT** that is the catalyst that guides each of your actions of the day to be lived with the *Attitude of Love*

**Part 2. How to explain or show the difference between the benefits of the quick action to get the rest of your day going vs. the Question of the Day as an **EVENT****

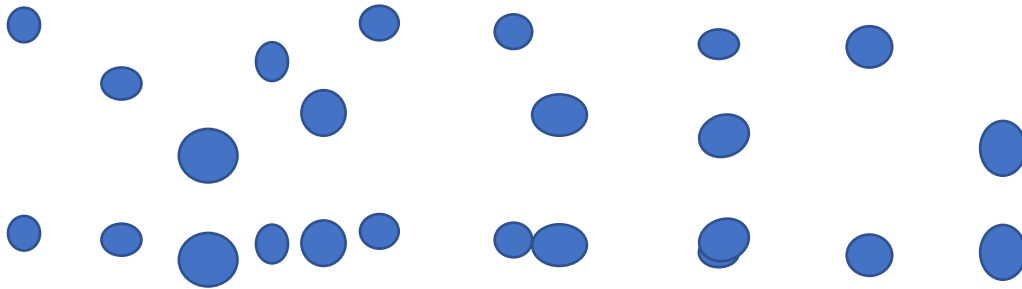
**Part 3. How to live the question of the day as **THE EVENT** vs. the quick question action, get on with the rest of the day going.**

- *We certainly can use a little help from the Holy Spirit with all three above.*

## Challenge 2 – The Event

How to make the *question of the day omnipresent* so that it is *The EVENT* that helps you live with the *Attitude of Love* so that you grow your true love a little each day?  
Consider the following from Bill's proposal on Gibraltar. (p. 46-49)

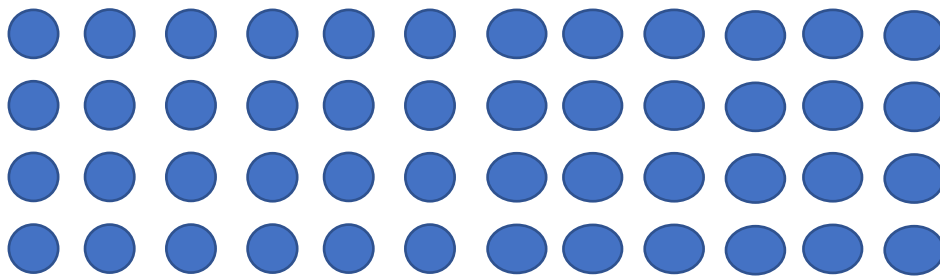
### Carbon as random molecules = coal



= coal



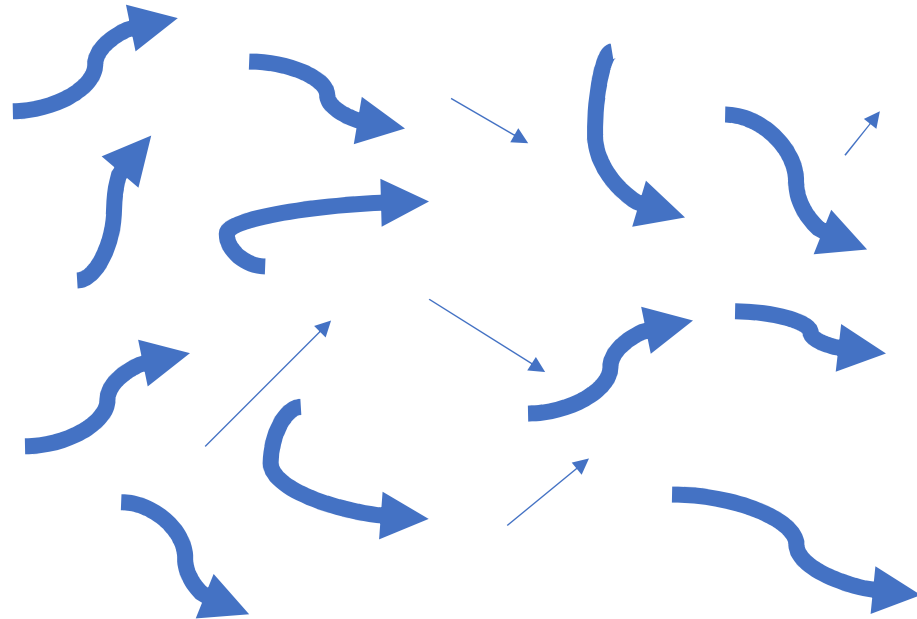
### Same molecules + Event of huge pressure now orderly = a diamond



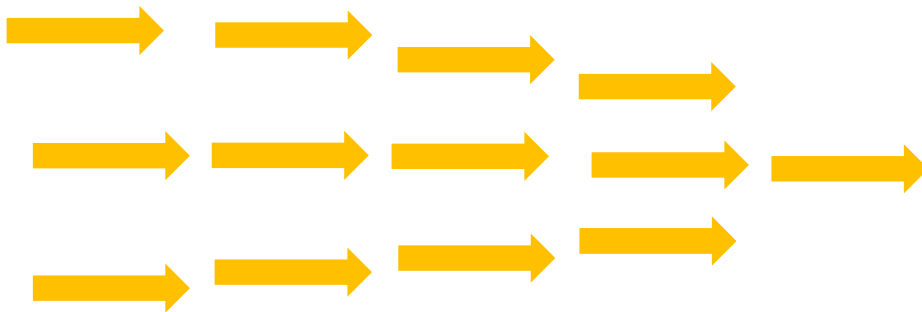
= a diamond



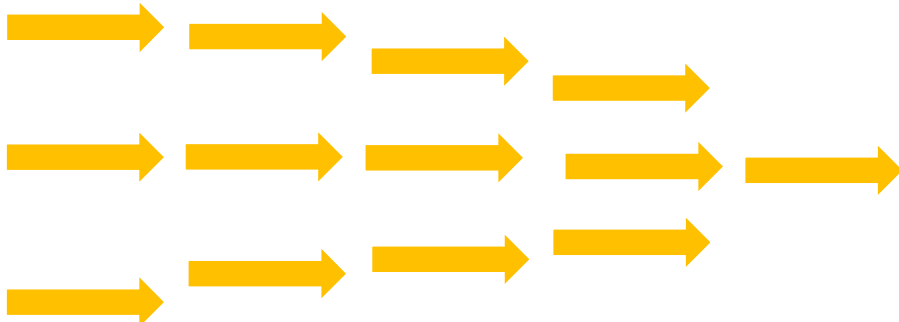
## Your Typical Actions in a Day – Your Energy Going in Many Directions



Needed: **An *Event*** to align all your actions with the ***Attitude of Love*** so that...



Needed: *The Event* to Align all your actions with the *Attitude of Love* so that...



**...So that you  
grow your  
True Love  
a little  
each day**

**Part 2. How to explain or show the difference between the benefits of the quick single action and the Question of the Day as an EVENT.**

<p style="text-align: center;">Benefits of the Question of the Day as <b>Quick Single Action</b> let's get going with the rest of the day</p>	<p style="text-align: center;">Benefits of the Question of the Day as <b>THE EVENT</b> leading to live the day with <b><i>The Attitude of Love</i></b></p>
<p><b>Benefit to the One Asking the Question</b></p> <ul style="list-style-type: none"> <li>- a positive focus to spouse</li> <li>- a few minutes of positive action</li> <li>- satisfaction of doing something positive</li> </ul> <p><b>Spouse</b></p> <ul style="list-style-type: none"> <li>- seen in positive light</li> <li>- benefit of the action</li> </ul>	<p><b>Benefit to the One Asking the Question</b></p> <ul style="list-style-type: none"> <li>- Your entire day, leading to your entire life is lived with the aura of <i>The Attitude of Love</i></li> <li>- Leading to the conviction <b><i>"I am so blessed"</i></b></li> <li>- This attitude shows itself in little and big things</li> </ul> <p><b>Spouse</b></p> <ul style="list-style-type: none"> <li>- Even when spouse does not participate</li> <li>- Even when spouse does not know the question is asked</li> <li>- Feels appreciated by the attitude <b><i>"I am so blessed"</i></b></li> <li>- Can feel there is something special here</li> </ul>



### Part 3. How to live the question of the day as **THE EVENT** vs. the quick question action, get on with the rest of the day.

- *We certainly can use a little help from the Holy Spirit with all three above.*

#### Part 3 From a Different View

How to make the **question of the day omnipresent** so that it is **The EVENT** that helps you live with the **Attitude of Love** so that you grow your true love a little each day.

#### Possible Solutions

- A – Put the question of the day in a place you see frequently e.g. back of your cell phone.
- B – Put the question of the day in many places, e.g. on coffee maker, fridge, door where I go out.
- C – Put a reminder/notification in your cell calendar to remind you several times.
- D – If there is a chime clock, let the hour chime be the reminder.

#### Challenge

Can you add a solution to A to D above, so our entire team is richer because of your creativity?

*Taking the three parts of this Challenge into consideration, the insights **I want to remember** are....*

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

#### Directions

Stop the presentation to let the Holy Spirit guide each in sharing their insights for the benefit of all.

## Chapter 14

### *The Fourth Question: What Is the Skill Many Lack?*

#### Challenge 3 Discovering *The Skill Many Lack*

##### Co-author's Challenges

1. How to add depth to the Question of the Day from just what "*I think*" to what my partner and I think, i.e. Golden Rule raised to the Platinum Rule.
2. How to share with your partner *the person you really are*, so that:
  - You honestly share what you REALLY want and like
  - Sharing both positive and negative things
  - Yet you not only don't hurt the relationship, but you build it.
3. What are some easy-to-understand examples of #2?

#### *Order change to make it easier to follow*

##### Part 1. Golden Rule vs Platinum

The Golden Rule is: *Do unto others as you would have others do unto you.*

The Platinum Rule is: *Do unto others as others would have you do unto them.*

Bill pointed out that for ten years, they had only asked the question of the day using the Golden Rule, i.e. asking the question from *their own* point of view.

They both decided that on occasion, there would be an advantage to asking the other person what they wanted, i.e. use the Platinum rule.

**Question 1: What benefits do you and/or your partner receive by doing the same?**

## Co-author Challenge

**Part 2. How to share with your partner *the person you really are*, so that:**

- You honestly share what you REALLY want and like
- Sharing both positive and negative things
- Yet you not only don't hurt the relationship, but you build it.

## CAUTION -- SAD FACT

**Caution 1.** At times people only share what they REALLY WANT/FEEL when *they get angry enough!*

**Caution 2.** If you don't have the ability to share with your spouse what you REALLY feel, your spouse will never be living with or loving the *REAL YOU*.

## Our Search

**How to share with your partner the *person you really are*...**

- How to share what you'd REALLY WANT?
- How to share what you'd REALLY LIKE?
- How to share what you REALLY FEEL – both positive and negative?
- How to do all the above so you *build your relationship* and, critically, avoid hurting the relationship.

## Something Missing (p. 115)

Carrie and Bill agreed on their tenth anniversary things were going great.

However, they felt something was missing.

## Book p. 121

**1. FACT** Hopefully, both agree this is a fact.

When you get out of your car without turning it off...

**2. FEELING** This is sharing your real self. The other usually will not disagree that *you don't feel that way*.

I REALLY GET WORRIED THAT ALL KINDS OF NEGATIVE THINGS CAN HAPPEN. Like the running car could be stolen.

**3. REQUEST** Not a demand. A request. The ball is the other's court.

Could you figure out a way to break that bad habit?

**Question:** Could you make a list of three or more things in your relationship/marriage that are going well – maybe even beyond expectations and one thing that might be missing?

**What might you do to accentuate the positives and eliminate the negatives?**

## Suggested Activity to Prepare for Session 4

Use the FACT-FEELING-REQUEST at least twice.

Once when you ask for things to stay the *same or more of the same*.

And once when you ask for *something to change*.

One of these should be with your spouse.

One of these should be with someone who is not your spouse.

Emphasize this is a practical tool for *any* relationship:

i.e. parents, kids, friends, employer, or employees.

### **FREEDOM – Options**

- You can tell the other person this is the FACT-FEELING-REQUEST question four.

But you don't have to.

- You can use the request for change or to stay the same with either spouse or non-spouse.

NOTE: The FACT-FEELING-REQUEST is to help you share what you REALLY WANT/FEEL and not only not hurt the relationship, but build it.

## Co-author's Challenges

### Part 3. What are some easy-to-understand examples of #2?

#### FACT-FEELING-REQUEST – Things Staying the same

I said:

FACT:

FEELING:

REQUEST I ask that *things stay the same, or we have more of* \_\_\_\_\_

#### FACT-FEELING-REQUEST – Requesting Change

I said:

FACT:

FEELING:

REQUEST I ask that In the future (request some change)\_\_\_\_\_

*Taking Chapter 14, Challenge 3, and the 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...

## Directions

Stop the presentation till you have completed these sentences to your satisfaction.

**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 Meetings.
  - 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 five.