



*Forever and Ever
...And Then Some*



Coach Jim

Welcome to Session One of the 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
 - ☐ And share this journey with those you care about.
- *To grow the enjoyment and love of your spouse*
 - ☐ ***a little bit more each day***

"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

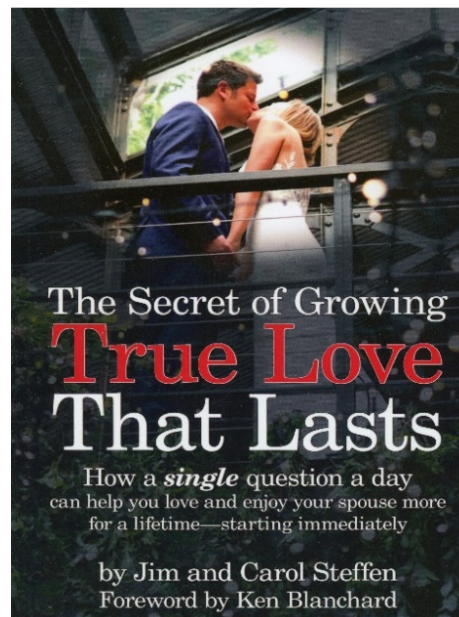
Holy Spirit, help us live this True Love That Lasts Journey

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*

Session One
True Love That Lasts Movement
Participants Guide



	Pages in Book
Foreword by Ken Blanchard	17
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4. How The Secret of Growing True Love That Lasts Helped Them Be "Still The Young Couple" Married 55 Years	41

This Experience – Not-readily-available – to Help You on Your Journey

Challenge - Why a Journey?

- Benefits of journey vs just reading book
- What is here to make this a journey beyond reading a book



Activity	Start	Good	Better	Even Better	Journey Like	Journey	Best Real Journey
1. Read book to enjoy story	✓						
Alumni recommend with spouse	✓	✓					
2. Participant's Guide with: <ul style="list-style-type: none"> - Hints and Points to Ponder - Significant Competitive Edge - More than 70 opportunities¹ - It will all be very simple 	✓	✓	✓				
- Discuss with Spouse	✓	✓	✓	✓			
3. Share insights with Partner Couple	✓	✓	✓	✓	✓		
4. Share insights with team in webinar	✓	✓	✓	✓	✓	✓	
5. Follow up	✓	✓	✓	✓	✓	✓	✓

NOTE: The Participant's Guide has been created so you can get real value just doing 1 and 2 alone. Of course, we hope you can enjoy the full journey and participate in 1 through 5.

“Grace builds on nature.”
St Thomas Aquinas

¹ The first couple times in each session we'll call your attention to which of the significant Competitive Edge Principles you will be using when you either clarify in writing what you want to remember, will do or have done.

The Question:

How can **grace** help us as we make this an *even more meaningful journey*?

"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

JN 14:20 *"On that day you will know that I am in my Father, and you in me, and I in you."*

JN 15:4 *"Live in Me as I live in you."*

Activity	Start	Good	Better	Even Better	Journey Like	Journey	Best Real Journey	With Jesus Christ
1. Read book to enjoy story	✓							✓
Alumni recommend with spouse	✓	✓						✓
2. Participant's Guide with: - Hints and Points to Ponder - Significant Competitive Edge - More than 70 opportunities - It will all be very simple	✓	✓	✓					✓
- Discuss with Spouse	✓	✓	✓	✓				✓
3. Share insights with Partner Couple	✓	✓	✓	✓	✓			✓
4. Share insights with team in webinar	✓	✓	✓	✓	✓	✓		✓
5. Follow up	✓	✓	✓	✓	✓	✓	✓	✓

***"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

***Jesus said, "...but the Helper, the Holy spirit whom the Father will send in my name,
will teach you everything and remind you of all I have said to you." Jn 14:26***

Activity	Start	Good	Better	Even Better	Journey Like	Journey	Best Real Journey	With Jesus Christ	Holy Spirit Guide
1. Read book to enjoy story	✓							✓	✓
Alumni recommend with spouse	✓	✓						✓	✓
2. Participant's Guide with: - Hints and Points to Ponder - Significant Competitive Edge	✓	✓	✓					✓	✓
- Discuss with Spouse	✓	✓	✓	✓				✓	✓
3. Share insights with Partner Couple	✓	✓	✓	✓	✓			✓	✓
4. Share insights with team in webinar	✓	✓	✓	✓	✓	✓		✓	✓
5. Follow up	✓	✓	✓	✓	✓	✓	✓	✓	✓

***With all these natural and divine aids, we are REALLY on a JOURNEY
not-readily-available to most people but here and now available to YOU***

Considering the natural and divine aids listed above give yourself a Significant Competitive Edge by answering the following two questions to your satisfaction.

The insight(s) I want to remember are...²

The actions (if any) I will take to enjoy benefits from these insight(s) 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.***

² When you answer this first question, you are implementing the ***Discovery Principle*** which is: *When you clarify in writing exactly what you want to remember, you give yourself a significant competitive edge to remember and use it.*

Foreword by Ken Blanchard (p. 17)

Point To Ponder

What insights does Blanchard share about the co-author that assure you that you could get some life-changing value from this book?

Let's Make This Personal

In the first sentence of the Foreword, Blanchard says, “

**“There are few if any relationships that are more important
than marriage.”**

Question: Where might you be if the relationship between your mother and father was not strong enough to have you?

Considering the Above Questions and rereading the Foreword in the book, then give yourself a SCE by answering the following questions to your satisfaction.

The insight(s) I want to remember are...³

The actions (if any) I will take to enjoy benefits from these insight(s) 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...

³ When you answer this first question, you are implementing the ***Discovery Principle*** which is: *When you **clarify in writing exactly** what you want to remember, you give yourself a significant competitive edge to remember and use it.*

The Symbol (p. 19)



*Forever and Ever
...And Then Some*

A Personal Note

My co-author and wife, Carol, created the exact symbol I dreamed of. A note, ever since we were married, she signs all my cards – birthday, anniversary, Christmas etc. – with ***Forever and Ever ...and Then Some***. She said, “I want us to be together here and in eternity!”

Points-to-ponder

Which of the five parts of the logo resonate the most to you:

1. Red heart – symbol of love
2. Infinity sign – symbol with no ending
3. True Love in the infinity sign
4. Forever and Ever
5. And Then Some

Let's Make This Personal

Picture - Daughter Climbed Mount Kilimanjaro

- Fact – it rained four days up & four days down
- Problem – Picture has blue sky
- Solution – they were above clouds

Analogy

- True Love That Lasts Journey – feet on ground
 - QEP question a day
 - Grounded in simple definition of love
- Rise above clouds of human daily life
 - Enjoy blue sky of love/marriage spiritual gift
 - Jesus is in us (St. Paul)
 - Holy Spirit guides us



This section begins

*Viewing the symbol from the present vantage point,
the **heart** stands for one of our most basic desires:
To love and be loved.*

The Little Trinity

- You want to love and be loved
- Your spouse wants to love and be loved
- Jesus in both of you wants to love and be loved

The Holy Spirit

- Is in you
- Wants the help and guide you to love and be loved

Considering the above, rereading the chapter in the book, then give yourself a Significant Competitive Edge by completing the following to your satisfaction:

The insight(s) I want to remember are...

The actions I will take to enjoy benefits from these insight(s) are...⁴

- 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.
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During the webinar

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

⁴ When you clarify in writing the action you will take, you use the **Focus Principle** which is: *When you **write** the improvement you will focus on this next week, you give yourself a **significant competitive edge** to successfully improve this next week.*

The Introduction – (p. 21)

Hint Each of the three sections of the Introduction ends with a **Take-Home Value**.

- 1 Asking the right question at the right time can produce great success.
 - 2 Beware of asking the wrong question.
 - 3 Asking the right question at the right time can grow True Love That Lasts – even daily.
- Each daily step takes you a little closer to your life becoming better than a dream come true.

Points-to-ponder

Which of the three Take-Home Values offers you the most useful insights for your growing in the enjoyment and love of your spouse a little each day?

Let's Make This Personal

As the book says on page 26,

Partner, the ball is now in your court.
For you to enjoy all the benefits, like John and Maria
I need you to test the True Love That Lasts questions for
At least a month and beyond.

Simplicity and Power of Accountability Principle

*When you are accountable to **share your recorded progress**
with your partner, you give yourself a **significant competitive edge** to regularly improve.*

1. Write your **commitment to yourself** in the *Actions I will take* section on the next page.
2. Share it with your spouse and Partner Couple
3. The first activity of the next meeting is each person share their progress on their commitment to themselves.

Remember the Introduction (p.8)

- This will help you do
- what **you want to do**
 - but **would not do**
 - if you did not have a partner or partner couple to report to.

Considering the above, both quote from book and simplicity and power of accountability principle, and rereading the book, p 19, then give yourself a Significant Competitive Edge by completing the following to your satisfaction:

The insight(s) I want to remember are...

The actions I will take to enjoy benefits from these insight(s) 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.
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During the webinar

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

The Book

The Secret of Growing True Love That Lasts

Ch. 1 *The Proposal* (p. 27)

Points-to-Ponder

Walking in John's shoes

Can you feel John's excitement and nervousness as he waits to propose?

Walking in Maria's shoes

Can you understand Maria's fear of divorce because of what she sees happening to so many friends?

Let's Make This More Personal

On page 29 Maria is trying to convince John to work with her to use Kaizen to continuously improve their relationship a little each day, so they can enjoy 55+ happily married years together. She then coaxes John with...

*“When we improve our love a little each day, we’d
have a lifelong path to living a very happy, committed life together.”*

What benefit does this statement from Maria promise you?

Then Maria added,
*“And when we discover this path,
we can help many others live a fuller – divorce free – life”*

As you enjoy this not-so-readily-available experience, who might you want to share it with? Who might those others be? Can you start a list?

As you listen to John's getting ready to propose, what does this remind you of your own proposing or being proposed to?

Considering the above, rereading the chapter in the book, then give yourself a Significant Competitive Edge by completing the following to your satisfaction:

The insights I want to remember are...

The actions I will take to enjoy benefits from these insights 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.
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Ch. 2 *The Commitment* (p. 31)

Points-to-Ponder

What part of Chapter Two most resonates with you:

- Maria's desire to find a lifelong path to grow their love a little each day
- Maria's reasoning: if Deming's Kaizen could help the Japanese change the world view of Japanese products from junk to high quality in 55 years, why couldn't they use Kaizen to grow their love a little each day for 55 years.
- John's questioning if it is even possible to grow love even a little each day

Let's Make This More Personal

What might finding and implementing this QEP(Quick-to-learn, Easy-to-Use, Proven-to-work) method Maria wants John to help her find mean:

- to you personally
- to your spouse
- to your relationship and marital happiness
- to those on the list you made in the last chapter that you want to share QEP with

Considering the above, rereading the chapter in the book, then give yourself a Significant Competitive Edge by completing the following to your satisfaction:

The insights I want to remember are...

The actions I will take to enjoy benefits from these insights 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.
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During the webinar

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

Ch. 3 *The Search for the Secret* (p. 37)

Points-to-Ponder

This chapter was set up at the end of Chapter 2.

At 4:00 am, Maria proposed a compromise.

“The most promising plan we have discussed is to find a couple that has been married very successfully for many years and find out their Secret.”

Do you know such a couple? What do you think their Secret is?

Let's Make this Personal

If John and Maria asked you, “Do you have a secret for staying very successfully married?” what might you say?

If no secret, do you have a rule of thumb?

Considering the above, rereading the chapter in the book, then give yourself a Significant Competitive Edge by completing the following to your satisfaction:

The insights I want to remember are...

The actions I will take to enjoy benefits from these insights 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.
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During the webinar

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

Ch 4 *How The Secret of Growing True Love That Lasts Helped Them Be “Still The Young Couple” Married 55 Years* (41)

Points-to-Ponder

The Secret of Empowerment *Ask the right question at the right time.*

This chapter offers many questions to choose from. Bill summarizes the four:

1. What is a Crystal Marriage?
2. Why and how does the True Love that Lasts process lead to a very happy Crystal Marriage?
3. What is the definition of True Love That Lasts that works for us (Bill and Carrie) and can work for you?
4. What is a quick to learn, easy to use process to grow True Love daily for a lifetime?

Which of these questions are you most interested in getting answered?

Let's Make this very Personal

The chapter end with Carrie saying,

“If you are willing to use the True Love That Lasts process for 30 days, I’m convinced you will begin to enjoy a Crystal Marriage.

“Bill, I think we are ready to start.”

Maria answered

“John and I are more than willing to give it a 30-day try. How soon can we begin?”

It is Suggested

Your “*Actions I will take*” contains the same commitment Maria just made.

Question: Suppose it is now 30 days from now:

- What benefits do you hope to enjoy if you made and kept this commitment?
- What benefits do you have if you made and slipped at times with this commitment?
- What benefits might you miss out on if you did not make the commitment?

Considering the above, rereading the chapter in the book, then give yourself a Significant Competitive Edge by completing the following to your satisfaction:

The insights I want to remember are...

The actions I will take to enjoy benefits from these insights 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

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

Reviewing Your True Love That Lasts Journey Accomplishments

So much more than just reading a book

Our table from p.1.5

Activity	Start	Good	Better	Even Better	Journey Like	Journey	Best Real Journey	With Jesus Christ	Holy Spirit Guide
1. Read book to enjoy story	✓							✓	✓
Alumni recommend with spouse	✓	✓						✓	✓
2. Participant's Guide with: - Hints and Points to Ponder - Significant Competitive Edge	✓	✓	✓					✓	✓
- Discuss with Spouse	✓	✓	✓	✓				✓	✓
3. Share insights with Partner Couple	✓	✓	✓	✓	✓			✓	✓
4. Share insights with team in webinar	✓	✓	✓	✓	✓	✓		✓	✓
5. Follow up	✓	✓	✓	✓	✓	✓	✓	✓	✓

Accomplishments In The Short Period

- Opportunities to give yourself a Significant Competitive Edge – 14
- St Paul's reminding us Jesus is in you and your spouse – 7
- Opportunities to listen to the Holy Spirit < 7
- If shared Participant's Guide with spouse -- 2X
- If shared Participant's Guide and read book together – 4X

Opportunities To Come Shortly

- 2X benefits again in Partner Couple's meeting
- 2X+ benefits again in True Love That Lasts Webinar

This journey has been and will be so much more than just reading a book.

Caution – Avoid These Mistakes

- 1 - Not printing Participant's Guide
 - When the Guide is printed – easier to use in Partner Couple's Meeting
 - Especially true in zoom of webinar (If no printer – use split screen)
- 2 - Not reviewing accomplished progress in beginning of Partner Couple's meeting
 - Lose motivational benefit of Accountability Principle

How to Save This Participant's Guide

1. In your computer create a True Love That Lasts Movement section.
2. Scroll so you can see the tool bar on top.
3. **On the top right of this original document, click on the arrow.**

Save this PDF of this Session One in your True Love That Lasts Movement Text section.

How to Print this Session One

4. Return to the original. Click on the print icon. •
 - For use in Partner Couple's Meeting, Webinar and Follow up.
 - Purchase a loose leaf for this and future Participant Guide sections.

Option: Sharing Participant's Guide

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

If your coach asked you to send this guide, completed to your satisfaction for this section, please send it the day before your team meeting.

What do we have to look forward to:

- What is a Crystal Marriage
- What is true love
- How a single question a day saved the Dolesh's Marriage.

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 bless you and your partner
beyond your wildest dreams.***

See you in session two.