

Co-Authors  
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## ***Welcome to the Introduction of the True Love That Lasts Journey Participant's Guide***

- Goal**
- 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***

**Inspired by *Pope Francis***

*“Don’t they (the media) realize that the family, all over the world, is in crisis?  
And the family is the basis of society!  
Don’t they realize that young people don’t want to get married?”*

**Based on *Pope Benedict XVI***

Our book, *The Secret of Growing True Love That Lasts*, could not be written until there was a QEP (Quick-to-learn, Easy-to-use, Proven-to-work) explanation of True Love.

Pope Benedict XVI’s encyclical *God is Love* (Deus Caritas Est) and his Lent Letter of 2007 provided exactly that<sup>1</sup>.

**Promoted by *Bishop Caggiano***

“Pope Francis is clear: Marriage cannot be improvised. A good marriage takes commitment and hard work.

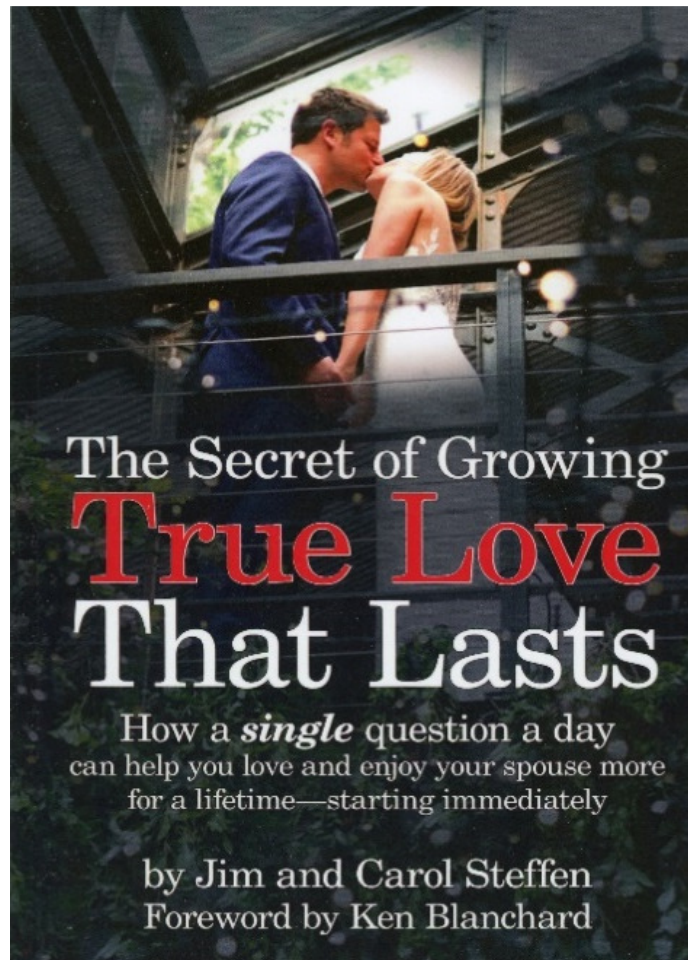
In their book, Jim and Carol Steffen outline a very simple recipe for a strong, healthy marriage. By asking **one question a day**, husbands and wives can work together to build a relationship that endures.

I invite couples of **all ages and experience** to take up Jim and Carol’s challenge of growing true love that lasts using the *one question a day*.

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<sup>1</sup> To receive a copy of this life-changing Lent Letter of 2007 google “Benedict XVI Lent Letter 2007.”

Guided by *The Secret of Growing True Love That Lasts*<sup>2</sup>



The book guided Maria and John (and the reader) as they search for a QEP(Quick-to-learn, Easy-to-use, Proven-to-work) method to grow their true love daily, to build a very happy marriage and to avoid the sadness of an unhappy marriage leading to divorce.

In this allegory, you relive Maria and John's dreams, hopes, and fears as they discover:

- 1.The *single amazingly simple question a day* based on Pope Benedict's insights that grow their love and enjoyment of each other a little each day.
2. The key to sharing with their partner *what they really want* in a way that builds the relationship.
3. How to bring God into the picture *as a Partner* for greater marital and eternal happiness.

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<sup>2</sup> If you need copies of the True Love Kit (book and Habit Builder) it is only available at <https://bit.ly/truelovekit>

## Challenge 1 ...To Offer You an Experience Not Readily Available

### Past Participants Report...

#### Learning from Our Alumni

**I especially liked...** *"It was an important reminder to build better relationships, habits and more importantly new habits with your spouse of many years." Scott J.*

**I especially liked ...** *"Being coached to embrace conversations with others in different types of relationships from both longer and shorter ranges of relationship." The couples ranged from 57 years married to just started dating six months ago. Scott J.*

**I especially liked...** *"You learn (really learn!) about questions you should ask yourself on what you are looking to make better and find out true ways you can do this for yourself and your partner." Scott J.*

***"I enjoyed and learned from hearing other couples' history and insights. We enjoyed it so much we decided to touch base in a month with each other." MF***

***"In the Partners Couples... I believe this is where the most growth occurred. It was great to establish a personal connection with our partner couple and have the ability to expand/cultivate our thoughts and things we didn't think of on our own. JM***

***"This course makes you look at your relationship with your spouse in ways you **probably never considered**. It opens your eyes wholistically and makes you consider other things that your spouse brings to your life. KG***

***"The most important part of this experience was **the dialogue the class created between me and my partner outside the class/partner couple**." JM***

## Overcoming Challenge 1 To Offer You an Experience Not Readily Available

- Past participant report: this is an experience, not readily – if ever – available to them before.

## Challenge 2 ...To Help You on Your *Journey*

-Journey vs Read a book or look at pictures

### A journey to climb Kilimanjaro

- Flying over 7,000 miles
- Four days up
- Sleeping in tents
- Carrying with help – all tents and food
- The anticipation
- The preparation
- The cold
- The thinner air
- The animals
- The others on the trip
- The weather - uncertain
- The beauty
- The beauty of the clouds
- The beauty of the sunrise
- The beauty of the sunsets
- The sheer massiveness of the mountains
- Closer to nature in the long – cold nights
- How great God is

**Vs You and I looking at pictures**



A long way away  
Not readily available



Four days up – four days back  
Never to be forgotten

## Overcoming Challenge 2 ...To Help You on Your *Journey*

**- *Join the Journey***

**- *This is much more than looking at pictures, reading a book or joining a book club***

## Challenge 3 ...Your Investment

...to make your *unique journey*<sup>3</sup> that will contain experiences not readily available to..

...enjoy and love your spouse

...a little each day

...starting immediately and lasting a lifetime

- Read the book

- Less than two hours

- A fast moving allegory that contains all the insights of Pope Benedict XVI on love

- Each week for Five Weeks

Weekly Time	Suggested activity on your journey
< 2 hours	Review the Participant's Guide, reread section in book, fill out Guide Ideally with your spouse <sup>4</sup>
30 m	Discuss Participant's Guide insights with your Partner Couple (Some alumni report this was the most valuable part of the journey)
75 m	Team meeting with Coach (Webinar)
< Four Hours	<b>Total time needed each of five weeks</b>

### Total Investment Needed for this Journey

< 2 hours	Read the book
1 hour	This Introductory session
< 20 hours	Five Sessions (<4 x 5 = < 20)
< 24 hours < 1 day	<b>Total Investment of time</b> for <i>benefits that start immediately and last a lifetime</i>

## Overcoming Challenge 3 ...Your Investment

Your investment is *a little less than one day*  
to grow in the enjoyment and love of your spouse  
*each day, every day for the rest of your life*

<sup>3</sup> Remember, this is *your journey* (like climbing your Kilimanjaro) for taking your relationship with your spouse to a higher level. If you just want to "look at the pictures (i.e. just know the questions) and not enjoy the unique experience of the journey go to page 163 in the book. The questions are all there.

<sup>4</sup> Couples report they get much more from the book and Participants Guide on the internet when they do it together. However, individuals whose spouses were unavailable have participated alone are reporting huge benefits. See Chapter 10.



## Challenge 4 ...A little bit more each day and Kaizen

- Is a little each day even possible???
- **Kaizen and W. Edward Deming**
  - End of WWII Japanese products were universally seen as *junk*
  - In just 50 years Deming and Kaizen changed that, e.g. Japanese car highest quality
  -
- **Kaizen means *Little improvement each day***
  - Not by decree of upper management
  - Critical Key: Each person improving a *little each day*
- **Each person using question of day four things immediately happen**
  1. Questioner has a positive attitude
  2. Question guides positive action to spouse
  3. Relationship grows a *little each day*
  4. Marital happiness grows a *little each day*
- **Delightful Conclusion**
  - The Question of the Day gives us the tool to follow Kaizen, i.e. a little improvement each day

## Overcoming Challenge 4 ...A little bit more each day and Kaizen

### - Critical Question

**Question:** Are you convinced it's worth the time and energy to *schedule* the time?

- I hope the fact that you are still with us says you are.
- I promise at the end show you a very simple method to schedule the time.

## Challenge 5 ... Building the *Daily Question Habit*

- The habits you have built over the years will not be easy to refine or change in such a short time.
- You are already very busy with many other things that demand your attention.
- Giving yourself a common sense *Significant Competitive Edge* will help you.

### The Significant Competitive Edge Principles<sup>5</sup>

#### Discovery Principle

When you **clarify in writing exactly** what you want to remember,  
you give yourself a **significant competitive edge** to remember and use it.

**Because it's written, it's:** 1. Clearer 2. Easier to remember or do 3. And share with others

#### Focus Principle

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.

#### Why

1. Writing it makes it clearer what you're trying to do
2. Writing it you can post it to review daily – or even more often
3. Writing it facilitates the Accountability Principle

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<sup>5</sup> This Significant Competitive Edge can be viewed as giving yourself a competitive edge over others. However, the main focus in giving yourself a Significant Competitive Edge is for you be able to receive more benefits from this Participant Guide. It will also make it possible for you to get and be able to give so much more in your partner meeting and possible webinar. This will give you a Significant Competitive Edge over your possibly less effective habits of the past.



## Accountability Principle

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

This Accountability Principle works well when you share with your spouse and/or Partner Couple.

1. The synergism between couples leads to greater insights, e.g. more lasting benefits.
2. To facilitate the Accountability Principle:
  - help you do
  - what you want to do
  - but *would not* do
  - if you *did not have* a partnering couple,
  - i.e. hold your feet to the fire.
3. Build a great relationship and make the webinar/journey more fun

## Overcoming Challenge 5 ... Building the *Daily Question Habit*

In the Participants Guide there will frequently be opportunity to give yourself a Significant Competitive Edge using these principles.

This will make it easier to build the Daily Question Habit.

## Challenge 6 ... To Use *Points to Ponder* well

### When you use *Points to Ponder* well:

- You clarify what a section or quote means *to you*.
  - There **are no right or wrong** answers
  - Just what the section or quote **means to you**.
- You give the Holy Spirit an opportunity to inspire you.
  - You are the first person to benefit, but not the only one.
  - Your spouse, partner couple and the entire team benefit when you share your insights.

### Learning from Our Alumni

*"I enjoyed and learned from hearing other couples' history and insights. We enjoyed it so much we decided to touch base in a month with each other." MF*

*"In the Partners Couples... I believe this is where the most growth occurred. It was great to establish a personal connection with our partner couple and have the ability to expand/cultivate our thoughts and things we didn't think of on our own. JM*

### Points to Ponder Used Well

- Points to Ponder is key to making this **not-to-readily available** experience being available to you
- Points to Ponder is key to making this a **unique** experience – everyone is different.
- Points to Ponder is key to making your True Love That Lasts Journey **most memorable**
- **The** Points to Ponder is also an **opportunity to let the Holy Spirit**
  - First speak to you for your benefit
  - Through you to speak to your spouse, partner couple and team for their benefit

Example of Points to Ponder

Which one of these quotes or combination of quotes most resonates with you when you consider giving your spouse loving service. Why?

1.

*St. Paul says, "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received for God?"*

1 Cor 6: 19

2.

Jesus says: *"You live in me, and I live in you!"*

Jn: 15.4

3.

St. Paul say, *"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 Cor 13:5

4.

Jesus said, *" I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me."*

Matt 25:40

Point to Ponder

Which one of these quotes or combination of quotes most resonates with you when you consider giving your spouse loving service. 1, 2, 3, 4. Why?

**Directions:** Pause the presentation to share.

## Overcoming Challenge 6 - To Use *Points to Ponder* well

The Participant's Guide will give you many opportunities and hints so you can refine your use of the *Points to Ponder skills*.

### **The Result:**

- Every sharing with spouse, partner couples and team will be unique.
- The Participant's Guide and Points to Ponder will make this not-so-readily-available experience readily available for you here on your True Love That Lasts Journey.
- First to benefit you
- Then to benefit all you share with:
  - Spouse
  - Partner Couple
  - Team in webinar

## Challenge 7 ... Let our biggest fan guide us

Who is our biggest fan?

Who had the most to do with our existence and all the benefits we enjoy?

- Our spouse
- Our parents
- Our God

*“ But the Helper, the Holy Spirit,  
whom the Father will send in my name,  
He will teach you all things and bring to your remembrance all that I have said to you..”*

John 14:26

### Opportunities on this Journey for the Holy Spirit to Guide us<sup>6</sup>

1. **Register** especially scheduling time
2. **Read the book** to enjoy story  
Alumni report: best read to your spouse
3. **Participant's Guide:** complete hints
4. **Partner Couple:** Sharing creates synergism  $1 + 1 > 3$
5. **Webinar:** sharing with and learning from team and Coach
6. **Follow up Videos**



## Overcoming Challenge 7 – ... Let our biggest fan guide us

**Stop Regularly to Listen to the Guidance of our Biggest Fan**

**God, the Holy Spirit**

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<sup>6</sup> Holy Spirit Courtesy FreePic

## Challenge 8 So Many Other Things – Will I *FIND* the Time?

*The Most Successful People know  
if it is Really Important  
you MAKE the Time 1  
By SCHEDULING TIME*

**Ideal Schedule – make it today**

**When Webinar is on Wednesday**

<b>&lt;120 minutes</b>	Thursday, Friday, Saturday, Sunday
<b>30 minutes</b>	Monday -- Discuss the above with your Partner Couple
<b>75 minutes</b>	Team meeting with Coach

## Overcoming Challenge 8 So Many Other Things – Will I *FIND* the Time?

**Make time to enjoy this journey --- *SCHEDULE THE TIME TODAY***

*If you are willing to invest a little less that one day  
to grow in the enjoyment and love of your spouse  
each day, every day for the rest of your life  
schedule the five weeks now*

**Where to get the Participant's Guide**

[www.TrueLoveThatLasts.us](http://www.TrueLoveThatLasts.us)

**Click Participant's Guide**

**To obtain the True Love That Lasts kit, click on BUY**

### How to Save this Introduction

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 the Introduction in your True Love That Lasts Movement Text section.

### How to Print this Introduction

4. Return to the original. Click on the print icon.

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.

### 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.

## Parting Wish

*I hope the rest of your life is the best of your life  
Because you make it that way asking the One Question a Day  
And may the Source of All Good bless you and your partner  
beyond your wildest dreams.*