

Serving **LOVE**
Finding **JOY**

LOVE CHALLENGE LIST

1. GENERAL

- 1. Be Intentional & Purposeful
- 2. Smile
- 3. Express Gratitude
- 4. Sacrificial Time
- 5. Be Available
- 6. Talk
- 7. Help
- 8. Speak Vision & Affirmation
- 9. Protection
- 10. Speak Positive Words
- 11. Generosity
- 12. Listening - Emotional Attention
- 13. Be There In Their Pain
- 14. Hospitality
- 15. Set High Goals For Your Impact!
- 16. Compassion
- 17. Kindness
- 18. Ask, "***How are you doing?***"
- 19. Contribute

2. STRANGERS

- 1. Smile
- 2. Say “**Hi!**”
- 3. Say “**Thank You!**”
- 4. Call By Name
- 5. Tipping
- 6. Courtesy
- 7. Fist Bump
- 8. Take A Picture
- 9. Allow Others To Help
- 10. Help Homeless/Beggars

3. FRIENDS & FAMILY

- 1. Forgiveness
- 2. “**I Love You!**”
- 3. Write – “**Thank You!**”
- 4. Speak Praise
- 5. Tell Others Their Impact On Your Life
- 6. Honesty & Openness
- 7. Let Others Make Decisions
- 8. Admit Mistakes
- 9. “**Join Me**”
- 10. Be Real - Share Your Story
- 11. Ask Questions
- 12. Ask, “**How Are You Doing?**”
- 13. Calendar Reminders
- 14. Text Them
- 15. Call Them

4. CHILDREN – Not Yours

- 1. Talk To Them
- 2. Get On Their Level
- 3. Touch
- 4. Tickling
- 5. Speak Praise

5. YOUR CHILDREN & GRANDCHILDREN

- 1. Speak Love
- 2. Cheering
- 3. Reading Aloud
- 4. Teach Things
- 5. Teach Your Kids How To Shake Hands!
- 6. Honor Failure
- 7. Honor Accomplishments
- 8. Support Their Passions
- 9. Make Memories
- 10. Camping
- 11. Road Trips
- 12. Go On Dates
- 13. Babysitting

6. CHILD DISCIPLINE

- 1. Love + Discipline
- 2. Don't Punish For New Things
- 3. ***"Did You Understand?"***
- 4. Celebrate Failure
- 5. Eating What's Put In Front Of Them
- 6. Do Not Discipline A Group!
- 7. Don't Let Kids Play You Off Against Each Other

7. LOVING YOUR SPOUSE / SIGNIFICANT OTHER

- 1. *"I Love You!"*
- 2. Touch
- 3. Dates
- 4. Helping With Chores
- 5. Protect Their Schedule

8. CARING FOR PARENTS

- 1. Communication
- 2. Seeing Them
- 3. Share Grandkids
- 4. Care

9. EMPTY NESTER

- Add-Ons – Babysitting & Grandparenting

9. GROUP SERVING

- Volunteer in a group that is serving & loving others

10. PRAY WITH OTHERS

- Pray with others often – even strangers

80 LOVE CHALLENGES

Be intentional and purposeful
showing love, care, and
compassion to others,
and discover more

