



Serving • LOVE Finding JOY

**A practical guide to discovering more
JOY in your life**

THE LOVE CHALLENGE

*“We should love others truly, for their own sakes
rather than our own.”ⁱ*

Thomas Aquinas

1. GENERAL – applies to everyone

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment or the smallest act of caring, all of which have the potential to turn a life around.”ⁱⁱ

Leo Buscaglia



FROM PAGE 73 OF THE BOOK

___ 18. ASK, “How are you doing?”: Simply asking someone how they’re doing, especially if you see them working hard, can be a huge blessing. I appreciate the story I heard shared:

Nancy and I are currently in Prague. While in Europe, we’ve adopted a horrible habit of daily gelato at 3 pm. We found a 5-star gelato outlet yesterday in the center of Old Town. A woman stood in a small cubby of a shop, presiding over her vats of gelato. Nancy made eye contact and asked, “How are you doing?”

Her response was overwhelming. “You are one in a million! No one ever asks how I am. People just come to look at the gelato and point orders without noticing me. Where are you from?” She went on to tell us how people have gotten so negative since the pandemic. It has changed people’s attitudes. We were shocked at how easy it was to stand out.

ⁱ <https://www.azquotes.com/quote/1417300>

ⁱⁱ Leo Buscaglia, *Born for Love: Reflections on Loving* (1992)