

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

