



30 DAY

LOVE CHALLENGE

Day 5

Choose Love



Love Makes It Easy

“Faith Makes All Things Possible....



Love Makes All Things Easy.”

~ Dwight L. Moody, American Evangelist And Publisher

LOVE IS A Choice

You choose to love

Or

You choose not to love

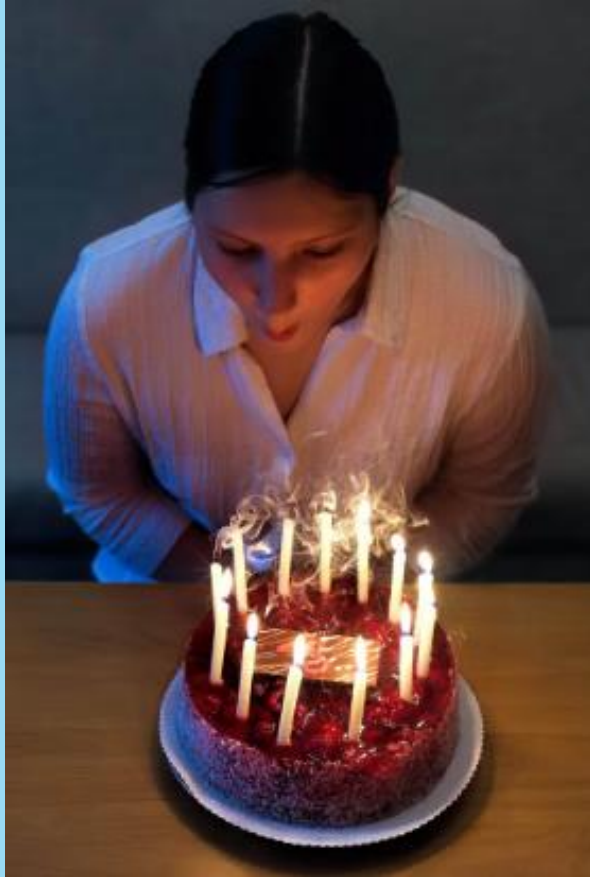
You make a decision to love

Or

You decide not to love



You Choose LOVE



When

**Your Dream Of Love
Is Bigger Than Your Fear**

And

**The Pain Of Not Loving
Hurts More Than Losing**



How Do You Get Love?

Have passion for life
Show how much you care
Know your love is A gift
Respect yourself first
Nurture love in others



If You Want Love

Study About Love
Learn How To Love
Share Your Love
Become Loving



True LOVE Success

**“True [love] success
Is overcoming the fear
Of being unsuccessful.”**

~Marilyn Ferguson



Learn To Love By Loving



**“You learn to speak by speaking,
To study by studying,
To run by running,
To work by working;
And just so;
You learn to love by loving.”**

~Saint Francis de Sales

Show Your Love



**“A Lot Of Time,
People Don’t Know
What They Want
Until You Show
It To Them.”**

~Steve Jobs, Inventor, Apple Co-Founder

Measure Your Love

Take small love steps

Notice how you feel

Share your feelings

Observe others' responses

Get feedback and suggestions



Help Others Be More Loving



Stop complaining or blaming

Understand their love style

Ask thoughtful questions

Create a safe environment

Be The Love You Want

Accept Their Love Style

Do they thrive on emotions

Or intellectual understanding?

Do they desire gifts and praise

Or touch and quality time?



Express Your Love Style

Increase The Love Dose



**A wise physician said:
The best medicine
For humans is **love**.
Someone asked:
What if it doesn't work?
He smiled and answered:**

Increase The Dose

I Choose To Love

I Choose

To hold you tight in the arms of love

Where you are safe, secure, at peace

Able to shatter your resistance

release your fear of being hurt

And love with your whole heart

What DO YOU CHOOSE?

Do You Choose To Love?

This 30 Day Love Challenge is Serious and Life Changing

You will see amazing results

If you seriously intend to

Expand your loving – and -

Love fearlessly and openly



As We Close **Remember**

Start each day focused on love
In every moment feel the love
End each day realizing love
Every day repeat the love pledge

Start Each Day **Focused on Love**

In every moment ask...

"What would love do now?"

For Me

Knowing all that I do brings me

Closer or further from love

End Each Day
Realizing the Power of Love
Review The Moments You...

Turned away from love

Shared your love freely

Felt loved by others

The Love Pledge

Every Day I Develop Greater

Awareness and communication

Acceptance and forgiveness

Compassion and tenderness

Love, trust and respect

For My Self And For Others

Love Agenda For Today

In Your Love Habits Journal

I Choose To Love

I Show My Love By....

I Measure My Love By

Share Your Love Choices In The Facebook Group



Dr. Erica Goodstone

RELATIONSHIP HEALER

Helping You Heal Through Love



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