

Love Gym:

Time 15 mins each, share your answers to the 2 questions below:

When it comes to loving another, what are you pretty good at now?

(How do you love others well? Where do you have skills at showing love that other people have commented on?)

How could you love even better?

(What is your area of opportunity/ growth/ upgrade potential when it comes to loving? What do your loved ones complain about most?)

Notes:

“A FEELING OF STRONG CONSTANT AFFECTION FOR A PERSON”

<https://jamesclear.com/first-principles>