**THE**

JOURNAL

Each day, describe your act of unselfish love in detail. Think about how it impacted the recipient, and how it impacted you.

**A MONTH OF UNSELFISH LOVE**

**Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**FOOD FOR THOUGHT:** *Where did you see sacrifice today?*

A CASE FOR LOVE: **DRIVING THE DISCUSSION**