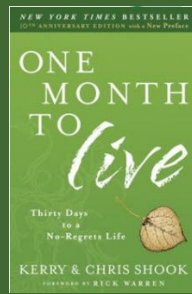


ROSES *and* THORNS BOOK CLUB



Make It Last For Life

DAY 15: *Last Call* REVEALING YOU HEART

Look through the speed-dial list on your cell phone. Of the people on your list whom do you consider the most important? How often do you call them compared to the others on the list? How often do you really communicate with them?

Write a letter, send an e-mail, or call someone who's important to you but lives far away. Recall the last time you were together, and tell that person what it meant to you.

Try a twenty-four-hour media fast (no television, radio, computer, or newspaper) to help you tune out distractions and listen to the people in your life. After your media fast, write down how it affected you.