

Personal Reflection Exercises...

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When I help others, I am doubly blessed. First, I know I am blessed to have something to give. Second, when I give of myself, my blessings are returned many times over.

The investment of helping someone else yields returns at a much faster rate than self-absorption.

When I help others, in turn, they also help me when I am in need. In the end, I have created a community of caring relationships. These relationships are important for the health and fulfillment of every member of my community.

Communities are a symbol of humanity's reality that no man is an island. I know I cannot go through life without the help of others, and strive to help my fellow man.

I am rewarded when I see the smile in another person's face because of something I have provided them. It is a great joy to be able to light up another person's eyes.

I feel a sense of fulfillment and accomplishment because I can go outside myself to meet another person's needs. I share in the joy that others experience when they receive help from me.

When I help others, I learn lessons in humility by considering others above myself. ***Helping others reminds me that it is not all about me.*** I learn gratitude by putting myself in the shoes of others and being thankful for what I have.

Gaining a clearer sense of purpose, a heart filled with gratitude, a humble attitude, and caring relationships in return for merely helping others seems to me like an excellent trade.

Self-Reflection Questions:

1. Who can I help today?
2. What do I have to offer?
3. When was the last time I helped someone?