



Service

When you are in the spirit of service, your intention is to contribute outside of yourselves. Service is about looking around your workplace and your world each day and realizing it's the small acts of service that surround you that make the difference. No act of kindness is too small to make an impact. *Take the kindness challenge: commit a random act of kindness in the next 48 hours.*

How can I be useful, and of what service can I be?

Write down as many ideas as occur to you to be of service. Go one step further and write down the recipient, then make a goal to commit an act of service in your workplace, local area or even globally.

Act of kindness/service	Name of recipient

Name the last four ways you have demonstrated being of service in your work or community over the past thirty days:

1. _____
2. _____
3. _____
4. _____

What has stopped you from being of service in the last twelve months?
