

# Personal Reflection Exercises...

## I feel great satisfaction when helping others.



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I feel great satisfaction when helping others because I know I am contributing to the health and happiness of the community we all share.

I am fully aware that if I want others to be available when I need them, I must also be there for them when they need me. Consequently, I invest time in developing reciprocal relationships that will help us both reach fulfillment and achieve our goals.

However, I am even more satisfied when I help those who can offer me nothing in return.

When I help someone who is poor or sick, old or young, I am doing so because I recognize that ***a society's greatness is evident in the way it treats its weakest members.***

We are all a vital part of the whole, and by lifting up those who need help; I am doing my part to strengthen the entire community of my life.

I believe that what I give to those who are unable to repay me *does* come back to me many times over in the form of increased fulfillment and happiness.

I am confident that when I invest my time, emotions, and money into my community, everyone benefits, including me.

### Self-Reflection Questions:

1. Do I actively recognize the value of all members of my community?
2. What have I done lately to do my part to help care for them?
3. What rewards have I received from being generous with my time or money?