



HELP OTHERS

“The basic precept of all religions is based upon the Golden Rule. They say that there is a mystical law of nature that the three things that mankind craves most – happiness, freedom and peace of mind – cannot be attained without giving them to someone else. True happiness comes from making someone else happy.”- John Wooden

EXERCISE: Make two lists below 1. Things you are doing now to help others (without expectations of anything in return) and 2. Things you will do to help others (without expectations of anything in return).

Doing Now to Help Others (without expectations of anything in return)	Will Do to Help Others (without expectations of anything in return)

“It is one of the most beautiful compensations of this life that no man can sincerely help another without helping himself.”

~Coach John Wooden