



**Be more concerned with what you can do for others than what others can do for you. You'll be surprised at the results.**

Describe a person you know or have known who is amazing at helping others yet not concerned with what's in it for them. Give an example.

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How does this impact your feelings for that person?

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Is this an area you could improve in? What are some examples where you help others not looking for something for yourself?

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