



Help Others

What does: *"Help Others"* mean to you? Please give a practical example.

What does: *"Only a life lived for others is a life worthwhile."* - Albert Einstein mean to you?

How does *"The best way to find yourself is to lose yourself in the service of others."* - Mahatma Gandhi fit in with these ideas for you? How can you apply any of this in a practical situation. What parts of you would be impacted the most? Please be specific.
