



**“I can’t change the whole world but I can
make the world a better place
for the person next to me.”**

JT, 2016

Reflection

Next time you are sitting by someone, ask yourself what their story is. Wonder what their dreams might be. What are their fears? What’s the worst thing that’s ever happened to them? What’s the best? How could their story be like yours? How is it different and special? Offer them the grace of curiosity. Take a moment to wish them all good things.

Questions

What is one thing you did to help someone this week?

What is one thing you would like to do to help others?

Write a thank you letter to someone who helped you when you really needed it.