

Worksheet on Service

I. Suggested journal prompts

1. What inspires you?
2. In what areas of your life do you feel empowered?
3. Finish these phrases: I love to.....
I feel most fulfilled when...
I am blessed by...
I am grateful for.....
I know I can help by...
I feel empowered....
4. What are the things/situations that tug at your heart the most?
5. What are the gifts/talents/ideas/intentions you have to be of service in these areas?

II. Intention Ritual suggestion

Each morning:

- Light a candle
- Bring your attention to the present moment
- Open your heart with gratitude
- Appreciate your body, the vehicle with which you interact with your fellow humans
- Set an intention to be of service today. Be open to how that might show up.
- Lift up others in prayer – see them as whole, happy and free – hold knowing for others until they can hold it for themselves

III. Visioning

Use your power of imagination – What is the highest vision you can imagine for the world. – Here are some ideas to get you started

- How do people treat one another?
- How do people treat the planet?
- How are problems solved?
- How are young people educated?
- How do leaders lead?
- How is business conducted?