



Soul Searching Exercises



I think of others before thinking of myself.

I know that we are created to live in communities and help each other. This holds especially true for those who do not have the power to care for themselves: the elderly, the disabled, and children.

I think of others before I think of myself. They *need* me and I can help them. ***My needs may be great, but their needs are greater.***

Once, not so long ago, I was the one who was dependent for food, clothing, shelter, education, and even affection on someone older and more powerful than myself. I understand because I have been there.

Now that I am grown, I am fortunate to be strong and healthy. Not everyone has that privilege. I am grateful for my blessings and strengths.

I help those less fortunate simply because I can, because it is a privilege to be able to do so, and because what I give of myself to my community comes back to bless me many times over.

I never forget that my health, strength and prosperity are given to me for a season and a purpose. I stretch my arms wide to think of others before thinking of myself.

I also think of my friends and family before thinking of myself. They may be able to care for themselves, but other needs are important to me.

If they need help with a problem, I am there to share my wisdom. If they need uplifting, I am there to shore them up. If they need support, I am there to give them the confidence they need to move forward toward their goals.

Thinking of others before thinking of myself brings me satisfaction, joy, and fulfillment.

Answer These Soul Searching Questions:

- 1. Do I treat the weak, helpless or less fortunate like I would want to be treated?**
- 2. Do I recognize the value of thinking of others?**
- 3. Do I view my strengths as privileges to be shared?**