



## Campsite Five—Choose to Serve

You can make your personal journey more enjoyable and productive by taking time to think about, write about and act on the following ideas. Pick the ideas that are most meaningful to you and write your thoughts down. You may choose to write in your own journal or you may print off the custom Personal Journey pages and write on them.



### Key Learning Points

- The highest level of well-being is achieved by serving others.
- Use your strengths to serve and make the world a better place.



### Application Exercises

1. Considering the strengths you identified in Campsite Four, how might you serve or help others? Keep in mind that service doesn't have to be limited to formal roles through organizations. Service can also be done informally as we reach out to neighbors, people at our church or family members. It can also include a few minutes per week or hours every day.
2. Consider asking others in your community about opportunities for service. Match your strengths to opportunities that fit you.
3. Consider creating a personal schedule for service. How can you build time into your life to help others? Keep in mind that, when you choose the right service opportunities, they will be energizing, not draining.
4. Take time during the week to connect with others. Are there neighbors, co-workers, people at church or others in your life who are struggling or lonely and would benefit from your unique personality and capabilities? You could call them, send a note or make a visit.
5. Would you like to draw other people together to serve as a group?
6. Notice and be glad for the opportunities you have already taken to serve, including the service you have given to family members.



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