

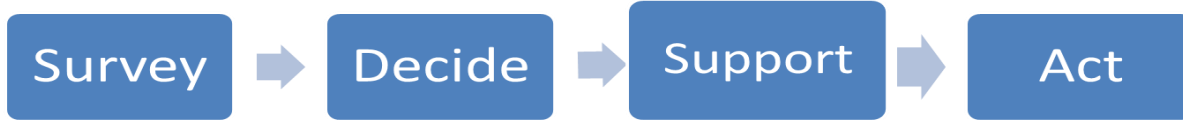


# I DO make a difference



1. **Smile.** – A smile is a choice, not a miracle. Don't wait for people to smile. Show them how. A genuine smile makes you and everyone around you feel better. The simple act of smiling sends a message to your brain that you're happy. And when you're happy, your body pumps out all kinds of feel-good endorphins. This reaction has been studied since the 1980's and has been proven a number of times. Bottom line: Smiling actually makes you happier.
2. **Treat everyone with kindness and respect.** – Yes, treat everyone with kindness and respect, even those who are rude to you – not because they are nice, but because you are. There are no boundaries or classes that define a group of people that deserve to be respected. Treat everyone with the same level of respect you would give to your grandfather and the same level of patience you would have with your baby brother. People will notice your kindness.
3. **Perform one selfless act.** – In life, you get what you put in. When you make a positive impact in someone else's life, you also make a positive impact in your own life. Do something that's greater than you, something that helps someone else be happy or suffer less. Do one small thing each day, unprovoked, to help another!! It IS an extremely rewarding experience.
4. **Avoid needless drama and those who create it.** – Never create unnecessary drama, and don't surround yourself with those who do. Choose to spend time with people who you are proud to know, people you admire, who love and respect you – people who make your day a little brighter simply by being in it.
5. **Think of the positives.** – Stop being afraid of what could go wrong, and start thinking of what could go right. Better yet, think of everything that already is right. Be thankful for nights that turned into mornings, friends that turned into family, and past dreams and goals that turned into realities. Never let a day go by without saying—"Thank You!"
6. **Inject a little love into the world around you.** – Love what you are doing, until you can do what you love. Love where you are, until you can be where you love. Love the people you are with, until you can be with the people you love most. Be the love you want to see!
7. **Take decisive and immediate action on something that needs to get done.** – It doesn't matter if you have a genius IQ and a PhD in Quantum Physics, you can't change anything or make any sort of real-world progress without taking action. There's a huge difference between knowing how to do something and actually doing it. Knowledge and intelligence are both useless without action. It's as simple as that.
8. **Follow your intuition when making decisions.** – Following your intuition means doing what feels right, even if it doesn't look or sound right to others. Only time will tell, but our human instincts are rarely ever wrong. So don't worry about what everyone else thinks, and keep living and speaking your truth. The only people that will get mad at you for doing so are those who are set on living a lie.
9. **Spend time working on something you believe in.** – Never put off or give up on a goal that's important to you. Not because you still have tomorrow to start or try again, but because you may not have tomorrow at all. Life is shorter than it sometimes seems. Follow your heart today.
10. **Meet someone new.** – Most humans have a habit of stagnating in a small circle of friends; but it doesn't help us grow. Get out there and meet new people. They will challenge and broaden your understandings! You'll be surprised at the lessons they will teach you and the new opportunities they will inject into your life.
11. **Exercise and eat healthy.** – Taking care of your body is crucial to being the happiest person you can be. If you don't have your physical energy in good shape, then your mental energy (your focus), your emotional energy (your feelings), and your spiritual energy (your purpose) will all be negatively affected.
12. **Be a student of life.** – Experience life, learn from it, and absorb all the knowledge you can. Prepare yourself for greatness by keeping yourself open to fresh knowledge and new challenges. Do not let a day pass without learning something new

# Social Justice Project



1. **Notice. Be aware.** What are the issues of most need in your area, your community. Who's voice is not heard, because they have no voice!!
2. What **gifts, talents, and strengths** has God gifted you with? What are you good at? What are your skills?
3. **Imagine** a cause or issue you care about. What are you **Passionate about?** It could be something local or something global. It could be something mentioned on the retreat, or it could be something you think of yourself. Do you currently do anything to address that issue?
4. **Dream** how you could use your talents, skills & time to make the situation better. What would it look like? How would you use your skills? **Be Creative**
5. **Find out more** about that cause and about charities, organisations or people who are working in that area. What work do they do?
6. Now **write down** one thing you can picture yourself, your group doing in the next month to work towards that cause.
7. Now **pair up** with a friend, someone of like mind so that you can pray for each other, support and encourage each other to make a difference.
8. Decide on what you can do to help and **Act!!**

27TH OCTOBER 2019

MAKE A  
**DIFFERENCE**  
sunday!  
#MADSUNDAY

## How to make a difference



**Congrats, you made a difference!**  
**Now repeat. Often.**