



The Virtues Project

HELPFULNESS

Week beginning August 13/14

Helpfulness is being of service to others, doing thoughtful things that make a difference in their lives. Offer your help without waiting to be asked. Ask for help when you need it. When we help each other, we get more done. We make our lives easier.

You are practicing helpfulness when you ...

Notice when someone needs help

Do a service without being asked

Give people what they need, not always what they want

Listen to someone who needs to talk

Care for your own needs

Ask for help when you need it

Affirmation

I am helpful. I look for ways to be of service. I care for others and myself. I look for helpful ways to make a difference.