

Contribution Compass

Point one thing you have at one person who needs it.

Three things I can offer

a skill, a story, an hour, a hard-won calm

Three people or groups who could use them

One small way to connect the two this month

When I will start:

Reflection

Five questions from the article — take them slowly.

Carry these into a quiet few minutes.

1. What do I know or carry that someone nearby could use right now?

2. Where have I been waiting to feel ready instead of just starting?

3. Whose day could I actually change with one steady hour a week?

4. What need is sitting right on my own street, unaddressed?

5. Who walked a little ahead of me - and who could I do that for?