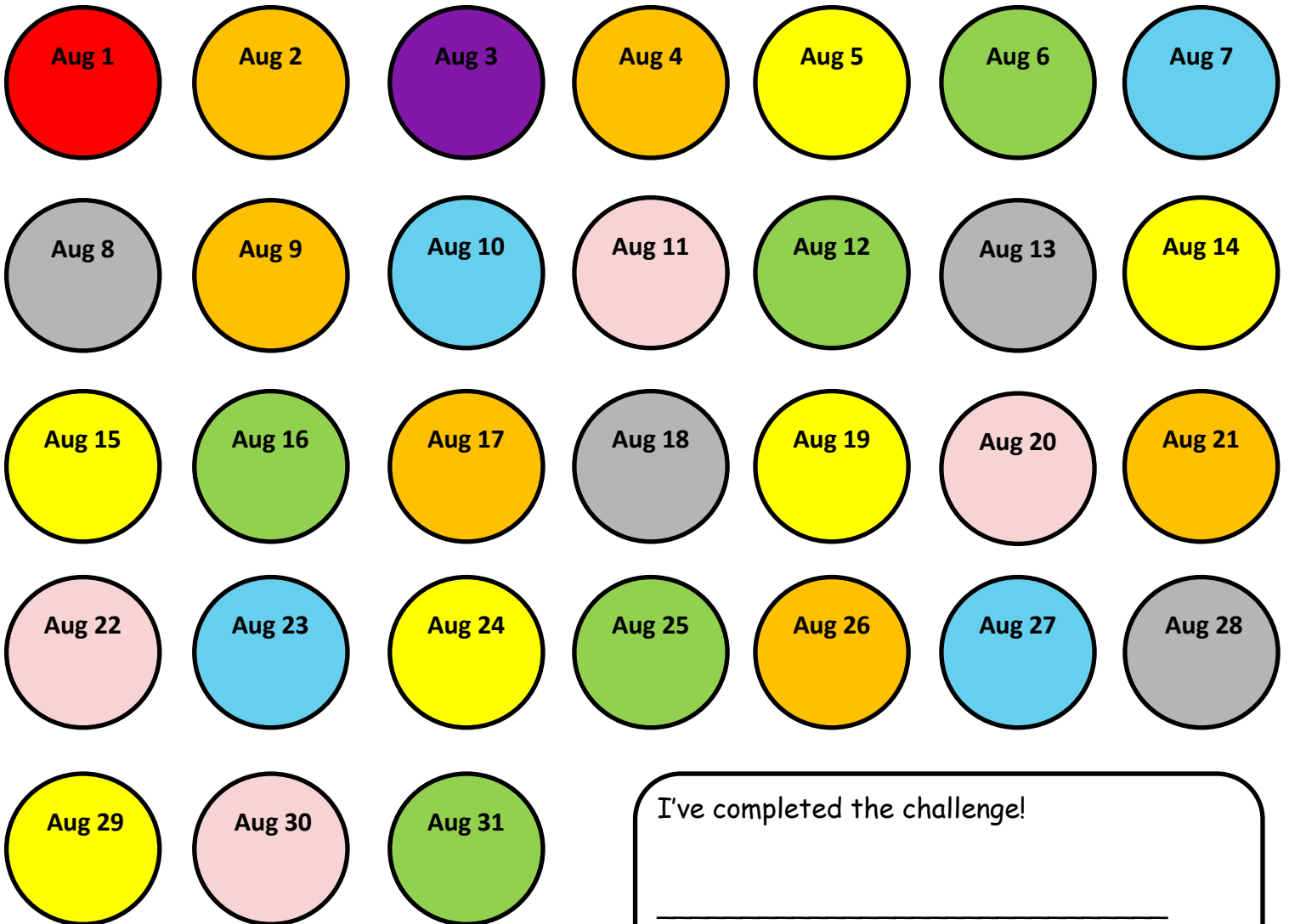


Helping Others

The helping hand challenge invites you to look for opportunities to serve others for at least 300 minutes in the next 30 days. Most of us would love to serve others more often. The trick is figuring out what you can do. Consider the following: volunteer at a soup kitchen, do someone else's chores, talk to someone who's lonely, pick up trash, make cookies to give away, or invite someone over for dinner. To complete this challenge, spend at least 300 minutes helping others over the next 30 days.



I've completed the challenge!

(Print Name)