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|  | Chapter 7: A Life of Service **SERVING REFLECTION ACTIVITY** |
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| INSTRUCTIONS: This activity helps you capture the emotions, lessons, and connections experienced during your acts of service to deepen their impact on your life and others. | |

*Please ensure your responses fit within the text box provided.*

### **1. Service Activity Details**

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| **Date:** |  |

**Type of Service:** (e.g., volunteering, mentorship, donation, community outreach)

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**Where did the service take place?**

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**Who or what group did you serve?**

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### **2. Emotional Reflection**

**How did you feel before the act of service?** (e.g., excited, nervous, unsure)

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**How did you feel during the act of service?** (e.g., fulfilled, connected, challenged)

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**How did you feel after the act of service?** (e.g., inspired, grateful, reflective)

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### **3. Lessons Learned**

**What did you learn about the people or cause you served?**

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**What did you learn about yourself during this experience?**

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**What skills or abilities did you use or develop?**

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### **4. Impact Reflection**

**What specific impact do you feel your service had on the individuals or group?**

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**What changes or improvements would you make to this service activity in the future?**

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**How does this experience align with your personal or spiritual values?**

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