



Chapter 7: A Life of Service

SERVING REFLECTION ACTIVITY

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

Date:

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

Where did the service take place?

Who or what group did you serve?

2. Emotional Reflection

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

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

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

3. Lessons Learned

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

What did you learn about yourself during this experience?

What skills or abilities did you use or develop?

4. Impact Reflection

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

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

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