

# 4 WAYS YOU CAN MAKE AN IMPACT THIS WEEK

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## HELP SOMEONE

### act of service for anyone

Find a way to give more, offer to help a friend run an errand, make dinner, bring someone a healthy juice or fresh fruit, or help with house chores.

## QUALITY TIME

### for a family member/friend

Think through which family members or friends might need some company & make special plans to see them!

3

## WORDS OF AFFIRMATION

### for someone special

Make a point this week to encourage two people in your life by sending them text messages affirming your love and something you specifically appreciate about them.

## RECEIVING GIFTS

### for anyone

Don't wait for a perfect occasion, the best gifts are "just because"! Surprise someone by picking up a \$5 bunch with your groceries, their favorite food or a handwritten card!



1200 White St.  
Key West, FL. 33040  
305-296-5626