

## Reflection Prompt

LIFT OTHERS / A LIST

Write the name of every person who has touched your life. As an exercise in mindfulness, list their names and remember why that person made a difference in your life. Why do you still remember their name today?	
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## WE ARE PARTS OF THE BIG BODY OF THE WORLD. YOU HAVE A ROLE. SO DO I. THAT WEIRDNESS IN YOU IS THE VERY THING SOMEONE NEEDS.

Jedidiah Jenkins					



## PEOPLE MAY NOT REMEMBER EXACTLY WHAT YOU DID, OR WHAT YOU SAID. BUT THEY WILL ALWAYS REMEMBER HOW YOU MADE THEM FEEL.

Maya Angelou						



## IF YOU COULD ONLY SENSE HOW IMPORTANT YOU ARE TO THE LIVES OF THOSE YOU MEET; HOW IMPORTANT YOU CAN BE TO THE PEOPLE YOU MAY NEVER EVEN DREAM OF. THERE IS SOMETHING OF YOURSELF THAT YOU LEAVE AT EVERY MEETING WITH ANOTHER PERSON.

Mr. Rogers