

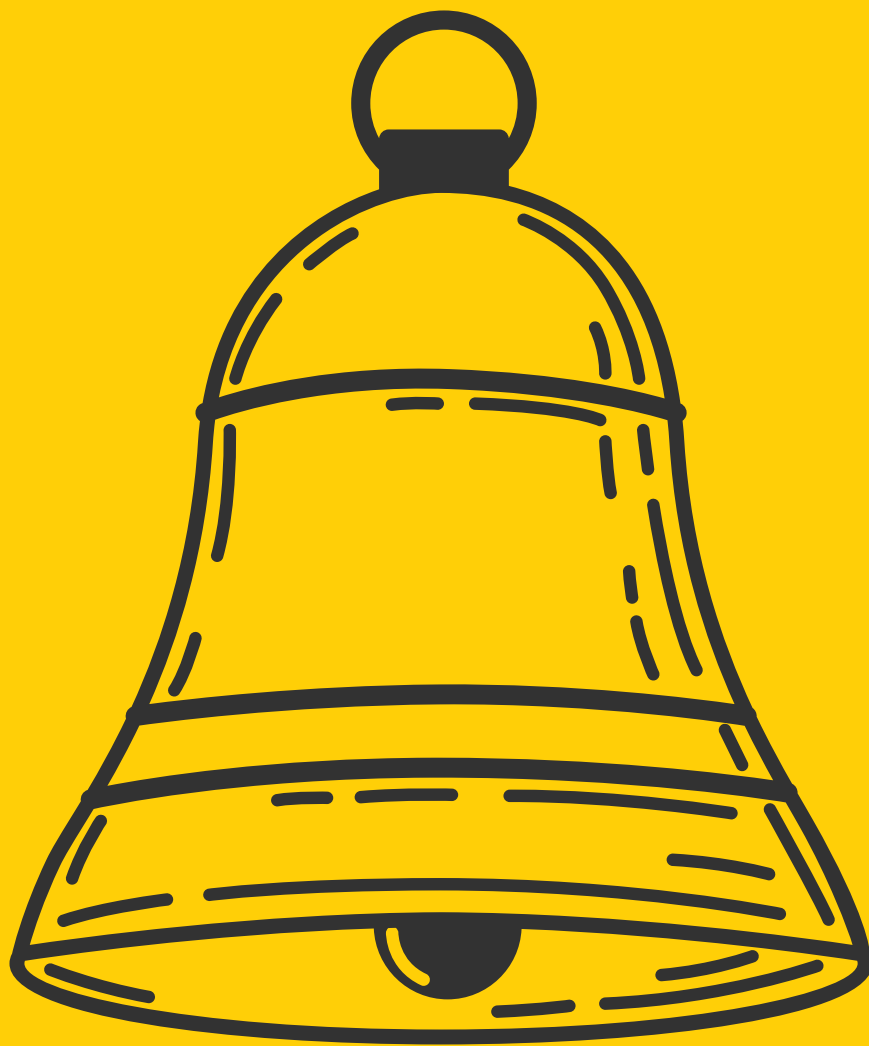
Listen

Eat

Learn

Bless

Sent



Bless

Think of ways to bless someone in your life or those around you. Do those things.

Eat

Have a meal with someone, whether it's reaching out to a friend or with a stranger.

Listen

Think of questions you would want to be asked, ask those questions and listen.

Learn

Be a student of those around you, and aim to learn something new about someone.

Sent

Know that you are sent uniquely into this world and use your day to bless others.