

Cheat sheet for building a life that matters.

Meaning is rarely found. It is built, one repeated act at a time, usually with other people.

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Pick one person for a year.

Someone with less than you: a neighbor, a kid, a struggling colleague. Be reliably good to them for twelve months.

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Show up weekly, locally.

A food bank, tutoring, hospice visits, a neighbor. Not a screen. The same place, the same hour.

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Give one thing away unseen. Log how it felt.

One line in a notebook after each. After thirty days, read the log.

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Make amends with one person.

SAY "I was wrong, and I'm sorry. What would help?"

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Write three specific thank-yous a week.

Say what they did and what it changed. Send at least one.

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Build something that outlives you.

Teach someone, mentor, plant something, write down what you know.

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Don't start a movement. Start with your street.

Know your neighbors' names before you try to change the world.

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End each week with two questions.

What did I give? What did I take? Adjust.

IF YOU ONLY DO ONE THING THIS WEEK

One person, one problem, one thing given away unseen.

This is practical, not religious. I think what you show with your choices is what counts. Share it freely.