



REFLECTIONS



Building Better Humans Through Learning

All of the previous homeworks and missions for the Dauntless podcast have focused on YOU- how you can improve. What you can do for your own life. How you can level up.

And while that's powerful, for this mission- we're going in a different direction. We're going to focus outward- on others.

In Episode 22 of the Dauntless podcast, you heard Sean Stowers, the Founder and CEO of WeLearn, describe his passionate purpose: **building better humans through learning.**

So I challenge you to ask yourself: how can YOU help to build better humans? How can you give back a little to the world and to those around you?

First, reflect upon those around you and brainstorm who you may be able to focus on. Is it a loved one? A friend? Perhaps it's not an individual; maybe it's an organization in your community. **Write out three different options:**

- 1.
- 2.
- 3.

Now, think about how you could help that person or organization. Is it through volunteering? Is it by gentle (or tough!) coaching? Maybe it's through hand-holding and being a shoulder to cry on? If they have children, perhaps they could use an afternoon off and you could offer to babysit? Do they need an introduction to someone that you know and you can help them to network?



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For each person/organization that you wrote out above, **identify a few different ways that you can be of service to them.**

Person/Org	How to Help

As you can see, there are so many different ways that you can help to build up others. Try to now narrow it down to what is: 1.) most feasible in the immediate future and 2.) most impactful

Now that you have a few strategies listed, it's on you to execute! Make a plan for how you can accomplish the task above. Set aside 15 minutes each day on your calendar devoted strictly to helping others. Imagine how good that will feel!

So often, we get trapped in our own pursuits and our own struggles that we inadvertently ignore the needs of those around us. But, devoting some of your time, positivity and know-how to others can serve you ten fold! It can bring fresh, strong energy to your life and give you that "feel good" rush. And...there's nothing like the warm fuzzies when we know that we've been of service to someone else!