**WHE Group**

**Week 8 of 10: The S for Service – Using Your Time Wisely to Serve**

I realized early on in my days of cleansing and detox that what I was doing was significant. At that time, people were accusing me of being a health nut and too extreme. In my heart, I knew it was my duty and responsibility

Choose a verse from the accompanying sheet that best resonates with you

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In this section we discuss

From the list of Sample Goals for Labor, find a specific goal to work on this next week. Remember: A written goal is more likely to be accomplished.

 