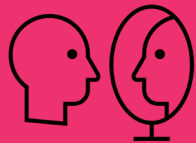




## ServiceLOVE Challenge!

For 30 Days you serve with LOVE in these 5 areas daily:



Ourselves



Friends & Family



People Serving You



People You Serve



Random Acts

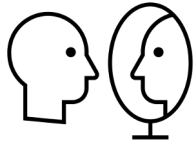
# ServiceLOVE™ Challenge

We have a LOVE for service, and we want others to share in our passion through a ServiceLOVE™ Movement.

We have a challenge that for 30 days through micro habits you increase the LOVE in your life by serving with LOVE in these five areas daily.

By Serving Ourselves, Friends & Family, People Serving You, People You Serve and Random Acts daily you will access the Love Frequency of 528 Hz.

At the end of the day you will have made a difference to others, yourself and can look into the mirror and say "I LOVE YOU"



## OURSELVES

(Self-Care)

---

Meditation

Walk

Massage

20%



## FRIENDS & FAMILY

(Checking In)

---

Phone

Visit

Instant Message

20%



## PEOPLE SERVING YOU

(Appreciation)

---

I See You

Thank You

Recognising

20%



## PEOPLE YOU SERVE

(Connection)

---

Listen

Question

Kindness

20%



## RANDOM ACTS

(Pay It Forward)

---

Holding The Door

Compliment

Warm Greeting

20%

Please tag your journey on Instagram #Service\_LOVE