# 50 Prompts to Get Started

1. Cultivate a sincere friendship with someone older or younger than you.
2. Talk to your mayor or city council about their priorities and how you might help.
3. Try participating in another faith's holiday or practice.
4. Learn a new skill from someone else.
5. Introduce yourself to a neighbor you don't know.
6. Debate the other side of one of your favorite political issues
7. Who are the newest people in your community? Where did they come from? What do they like? What can they teach you? What are their pressing issues?
8. Teach a new skill to someone who wants to learn.
9. Never let a problem to be solved be more important than a person to be loved.
10. Resolve a conflict in your life.
11. Pray for the people you see on the news.
12. Invite someone from another faith or viewpoint to do something with you.
13. Smile in your liver—that general, benign attitude you emanate that you can be trusted.
14. Volunteer for a project on JustServe. Take a friend.
15. What is making your community inaccessible? What needs changing?
16. Learn about what is served in your school for lunch and the decisions behind it.
17. What is your community's emergency plan? How will people know what to do?
18. Talk to medical providers at your local low-income clinic. What are their urgent needs?

19. Post a project on JustServe.
20. Respond to rudeness with kindness.
21. Put your phone away and interact with people by looking in their eyes.
22. Read a book aloud with someone.
23. Give books as gifts, and share why you chose that particular book for the person.
24. Start a recipe-sharing group for new ways to prepare and love healthy foods or holiday foods or foods from another culture.
25. Identify an opportunity to focus on cooperation instead of competition.
26. Keep your promises; be a person of your word.
27. Research the specific reasons food insecurity might be on the rise in your community. What impacts does it have? How might it be changed?
28. Attend a town hall or city council meeting.
29. Volunteer to read to a school class or at the library.
30. Help a child with homework after school.
31. Find out what barriers in your community are restricting new mothers from accessing prenatal care. What can be done to improve access?
32. Cook with kids, and let them make decisions about how meals are prepared.
33. Plant a garden and share your produce.
34. Walk in a naturally beautiful place and feel the connection
to the earth and sky. Invite someone to walk with you.
35. Ensure a private place and supportive environment at the office, workplace, campus, house of worship, and other public venues for mothers who breastfeed or pump.

36. Read a book or article about an issue you don't support.
37. Support local lending libraries and other resources for good books.
38. Work with your local government to ensure your community's water and food sources are free from contaminants and impurities.
39. Grow something from a seed.
40. Read aloud, play music, or sing at a senior center.
41. Write or visit your congressional representative; tell them what is important to you.
42. What are the maternal and infant mortality rates at your local hospital? What actions could the community take to improve them?
43. Be a mentor to students at the local junior high or high school. What do they dream of doing? What options for their future can you discover together?
44. Volunteer at a community kitchen sometime other than the holidays.
45. Convene a neighborhood council; choose an issue to address together.
46. Role-play mock interviews with graduating seniors or job seekers.
47. Donate business clothing to the local YWCA or YMCA.
48. Build your local economy—hire local, shop local. Look to support new businesses.
49. Invite an international student for a meal or activity with your family.
50. Find one new person to interact with. Every day.





YOU ARE MOST POWERFUL WHERE YOU LIVE.

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