

1. Tell your friend about an experience of doing something that you love to do or are good at.
 2. Have you ever been asked to do something, or took something on, that you felt unable or unsure about doing, yet found the strength to do it? What was that like?
 3. Is there anything that you would like to do (or continue to do) as service among Friends or in the wider world, that could use any of your gifts?
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