

LEADERSHIP ON DEAMND

THOUGHT QUESTIONS

SERVING OURSELVES

BY: LOGAN JAURE, 2022-2023 STATE VICE PRESIDENT

1) WHEN IS THE LAST TIME YOU PUT OTHERS' NEEDS BEFORE YOUR OWN?

2) HOW ARE WE CURRENTLY SERVING OURSELVES IN OUR EVERYDAY LIVES?

3) HOW CAN WE WORK ON IMPROVING OUR OWN MENTAL HEALTH, BY SERVING OURSELVES?



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