

THE WORLD PLATFORM



CHALLENGE

7-Day Challenge to Raise Your Frequency – The Challenge

Day 6 (theme: Service)

Frequency: Contribution

When life flows through you, contribution comes naturally.

Practice

1. When you get up in the morning:

Before you step into the world, perform one **caring** act (water a plant or care for something living, take something extra to share, open a window to refresh the air in your house).

2. During the day:

Offer **contribution** to life (help someone complete a task, share knowledge, let someone go first in traffic, in a queue or in a conversation).

3. Evening reflection:

Which act of service **energized** me and how?

Activation Sentence

I contribute to the wellbeing of the world around me.



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This material is based on publicly available research and presented in an original framework developed by **The World Platform**.