

Clear the Clutter

We've all been there. You can't wait to hang out with friends, but there's a big project to finish first. It can be hard to do service cheerfully when the work feels like a chore.

Before negative thoughts litter your brain, try to keep the big picture in mind. Focus on how good it will feel when you've accomplished your mission, and

you know you've made a difference.

You can make a job more joyful by joining forces with friends. Turn it into a game, or play your favorite music while you work. Think about how your service will bring happiness to others. When you keep a positive focus, even dull tasks can take on new life and help your spirit shine.

To help this service project sparkle, match each negative thought with the positive one that can replace it.

- 1 WHY DID WE GET STUCK CLEANING UP THE TRAILS?
- 2 I BET IT RAINS ON US, AND WE WON'T HAVE TIME FOR FUN.
- 3 THIS JOB IS TOO HUGE. WE NEED 100 MORE PEOPLE.
- 4 THESE BUGS ARE SO ANNOYING!
- 5 WHY BOTHER? OTHER PEOPLE WILL JUST MESS THINGS UP AGAIN.
- 6 IT'S SO BORING AND QUIET HERE.
- 7 I HAVE NO IDEA HOW TO DO THIS. I CAN'T GET THE HANG OF IT.
- 8 UGH! IT FEELS LIKE THIS WILL NEVER END.
- 9 I GIVE UP. I JUST WANT TO GO HOME.
- A OUR WORK MAY INSPIRE OTHERS TO KEEP THE TRAILS CLEAN, TOO.
- B IT'S FUN TO LEARN SOMETHING NEW!
- C A GAME OR STORY MIGHT MAKE THINGS GO FASTER.
- D I HOPE IT DOESN'T RAIN, BUT IT WOULD HELP THE PLANTS GROW.
- E THIS IS A LOT OF WORK. I'M GLAD WE'RE DOING IT TOGETHER.
- F I'LL TAKE A SHORT BREAK, BUT I WON'T GIVE UP.
- G I'M GLAD TO HELP TAKE CARE OF THE TRAILS.
- H IT'S COOL TO BE ABLE TO HEAR THE SOUNDS OF NATURE.
- I THE BIRDS AND BATS MUST LOVE HAVING SO MANY BUGS TO EAT!

