

# **It's All About Family!**



## **Week #3: Unselfishness**

We live in a culture that breeds selfishness. Consider the products we obsess over – “I” pods, “I” phones, “Selfie” sticks – the majority of us focus more time on ourselves than on other people. Even social networks play on our selfish tendencies – Twitter and Facebook statuses reflect our every move, as though everyone waits to see exactly what we will do next. The truth is that selfishness and love are in constant opposition to each other. While love asks us to deny ourselves for the sake of others, selfishness compels us to focus on ourselves at their expense. Moodiness, complaining, laziness, bragging, and irresponsible behavior are all forms of selfishness.

Choosing to be unselfish means turning your focus away from yourself toward helping others. Unselfish people are a joy to be around. Showing love leads to inner freedom from the anxieties caused by selfishness. Caring for others makes others want to care for you in return, creating a cycle in which all members are cared for.

## **Challenge #3: Unselfishness**

*Whatever you put your time, energy, and money into will become more important to you. It's hard to care for something you are not invested in. Along with refraining from negative comments, invest in the people who mean the most to you this week. Every day, choose a different person and let them know you appreciate them. Tell them, give them a small gift, write them a note, do something nice for them to show them you care. As a bonus challenge, try and choose someone you don't know very well.*