CHEAT SHEET · BUILDING MEANING

Cheat sheet for building a life that matters.

Meaning is rarely found. It is built, one repeated act at a time, usually with other people.

Not every hardship is a test, and nothing here is graded.



- [ ] **Pick one person for a year.**
  Someone with less than you: a neighbor, a kid, a struggling colleague. Be reliably good to them for twelve months.

- [ ] **Show up weekly, locally.**
  A food bank, tutoring, hospice visits, a neighbor. Not a screen. The same place, the same hour.

- [ ] **Give one thing away unseen. Write one line.**
  One line in a notebook after each. After thirty days, read it back. If a day felt flat, that is fine; do it again.

- [ ] **Make amends with one person.**
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  SAY "I was wrong, and I'm sorry. What would help?"
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- [ ] **Write three specific thank-yous a week.**
  Say what they did and what it changed. Send at least one.

- [ ] **Build something that outlives you.**
  Teach someone, mentor, plant something, write down what you know.

- [ ] **Don't start a movement. Start with your street.**
  Know your neighbors' names before you try to change the world.

- [ ] **End each week with two questions.**
  What did I give? What did I notice? Adjust.

IF YOU ONLY DO ONE THING THIS WEEK

One person, one problem, one thing given away unseen.

This is practical, not religious. I think what you show with your choices is what counts. Share it freely.

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A free message about how we treat each other. Nothing to buy, nothing to join. One person’s hypothesis, not advice. Woodcut images were made with AI tools; the words are Keith Adler’s. Share freely.