

QUESTIONS FOR CONSIDERATION

A Resource for “Shared Visions: Good Deeds”

1. All of these religions and traditions talk about good deeds or why we should help other people. Are their approaches similar or different? How?
2. Several of the Shared Visions talk about peace – how are their interpretations of peace similar? How are they different?
3. Can you remember a time when you felt grateful or happy?
4. Data shows that people who volunteer are [happier and healthier](#).ⁱ Have you felt better after helping another person?
5. There are many people who call on us to do good deeds. Can you think of anyone who inspires you to help others? Do you know them personally or are they famous?
6. How can you take action today to help another person, your community or the environment?

ⁱ “New Study: Volunteering is positively linked with mental and physical health.” Psychology Today. <https://www.psychologytoday.com/blog/the-empathy-gap/201308/the-caring-cure-can-helping-others-help-yourself>. Accessed June 22, 2016.