

# MAKE IT HAPPEN

**Participate in one thing outside of your normal routine for the next four weeks. Narrow down the list of things you explored in your Exploratory Stage to activities and communities that you loved—or think you could love. Get your hands dirty and SHOW UP! See how it feels to get physically involved in something! Have the courage to participate in whatever piques your curiosity. Think about bringing something relevant and enjoyable to share—music and food are often appreciated. Check in with your VIA chart and contribute!**

**List three to five ways in which you can participate and contribute to the communities you're interested in.**

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