

COMMUNITY



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Community

Strong communities encourage a feeling of connectedness, which is a basic human need that is vital to our well-being. Learn how to strengthen your communities by supporting a shared mission.

Definition:

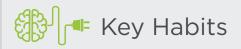
The practice of being actively involved with groups that share similar interests, beliefs, and goals.





Key Takeaways

- Strong communities have shared goals that are mutually beneficial to the collective.
- Communities can gather and interact in many different ways.



- Seek out groups who hold similar interests and goals.
- Offering support in a way that aligns with your strengths.
- Make it a habit to express kindness and gratitude regularly.