

GIVE & GO SEEK



INSTRUCTIONS:

1. **GIVE:** Write down what you can offer today.
2. **GO SEEK:** Write down what you need from us.
3. Add your contact info.
4. Tear your sheet in half.
5. Post them both on the wall.
6. **Pat yourself on the back!**



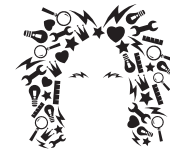
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GIVE:



GO SEEK:



I am happy to offer:

I need help with:

Contact me if I can help you or someone else:

name:

twitter: @

cell:

e-mail:

Contact me if you or someone else can help me:

name:

twitter: @

cell:

e-mail: