

THE HELP PROCESS™



**“When people help each other,
the impossible becomes possible.”**

Priceless — yours to keep

The HELP Process in Practice

1. Acknowledge your need to give and receive help in order to live, love and prosper.
2. Start with helping yourself – first by focusing your energy and skills to nurture your natural needs.
3. Think, speak and act in helpful ways towards your family, friends and people in your community.
4. Help someone every day in any way you can and with whatever you have.
5. Make each act of help a total act of love.
6. Help one another to meet your natural needs in The Pan Life Foundations of Health, Home, Family and Work.
7. Increase your ability to give and receive help, by using The HELP Process to help each other in your HELP Group.

The HELP Process will bring love, peace, harmony, and prosperity in every aspect of your life. Use The HELP Process to help yourself and each other in your family and community. Pass on The HELP Process to others who need help or who can help others in need.



www.myhelpnetwork.net

My HELP Network is a non-profit, non-religious, non-political worldwide movement of people motivated to help each other. Over the past four decades this message has flowed like a wave from person to person around the world. And now it has reached YOU.

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