

Good morning, my name is **Constance Sullivan**.

Just do it, the Nike slogan: it applies to not only athletics, but service as well.

Service is an integral component of life. It teaches us to appreciate the world and the people all around us. Although it outwardly allows you to help others, service is truly a selfish endeavor, for service gives you a sense of inner peace and a feeling of accomplishment. You have been able to use your skills in a worthwhile way to help someone else.

Service is not always glorious and occasionally requires a lot of sweat and effort. You can get really greasy and dirty sometimes, but in the end, your hard work was worth it. You held the door for a group of people, set up an event, packed food for hurricane victims, or even simply helped someone with a math problem.

Often times, no one knows that you did anything, But the world rotates on its axis just a little bit better because you cared.

So the next time you think about helping someone else, don't hesitate: *Just Do It*.