



# COMMUNITY



## Apps

[View apps here](#)



## Podcasts

[View recommended podcasts here](#)

## 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.



## Key Habits

- 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.