



1. Consider a time when you gave to someone in some way. It doesn't matter how large or small your gift was or what form it took. Simply take a moment to write down what you did or said and how helping someone made you feel.

2. Take some time now to consider all that you can offer others, think of the many ways you can offer kindness to others.



3. Write down opportunities that you think might arise in the next month to be a benefactor to someone. List their name and specifically what you can do to help. Let the sky be the limit here. Consider all the ways you can support the health, wellbeing, and happiness of your loved ones, your community, and the earth.

4. Put your pen aside for 5 minutes or so and take some time to reflect: how does it feel to offer kindness and support to others? How does the idea of this shared kindness make you feel? How might it inspire your actions moving forward?