

Week 1

DAILY CHALLENGES

Day 1: Take a Generosity Assessment

Each of us has his or her own view of what makes a person "generous." What does generosity mean to you? Take this quick survey and reflect on what it means to be generous. There are no wrong answers and no scoring—this is purely for self-assessment. Be as honest with yourself as possible.

Rate the following from 1 to 5, with 1 being "Strongly Disagree" and 5 being "Strongly Agree":

1. Compared to my friends and family, I believe I am very generous.

   1 2 3 4 5

2. When I receive a bonus or raise, I consider how I could help someone else with the additional money.

   1 2 3 4 5

3. I give a lot of volunteer time to my church so I don't feel the need to give as much money.

   1 2 3 4 5

4. What I contribute to church and charity represents a sacrifice (I have to give up other things I need or want).

   1 2 3 4 5

5. I give away more money in a year than I spend in other areas such as Starbucks' coffee, personal hobbies, or dining out.

   1 2 3 4 5

6. I could give away more money and my lifestyle would remain the same.

   1 2 3 4 5

7. I believe giving away 10 percent of income is important to my faith.

   1 2 3 4 5

8. I often wonder what everyone else is giving. I want to give an equal share.

   1 2 3 4 5

9. I am intentional in planning my charitable giving.

   1 2 3 4 5

10. When I am at church, I often contribute change and small bills—whatever I have in my pockets or purse.

    1 2 3 4 5

In order to be generous, what percent of income do you believe you should be donating to church and charity?

_____

Why?

_____

_____

_____

_____

Rank these people in order (1 to 9) of their levels of generosity:

A person who

_____ stops to help someone with a flat tire

_____ gives blood

_____ donates clothes or food

_____ participates in a charity run

_____ contributes 2 percent of their income to church and charities

_____ gives $10 to a homeless person on the street

_____ shovels out their neighbor's driveway

_____ donates a kidney

_____ leaves their entire estate to the church

Day 2: Calculate the percent of income you give to church and charity

Have you ever calculated how much of your income you give away? Do the math here:

_____ (A) My personal annual (gross) income

\+ _____ (B) Annual (gross) income of others in my household (if you contribute together)

= _____ (C) Total household (gross) income

_____ (D) Dollars contributed to church and charity

D/C= _____ Percent of your income given to church and charity

(You can do the same calculation using an after-tax household income number, if you prefer.)

Next consider what you spend annually for the following and then divide that amount by (C) from page 21:

Amount Spent		Percent of Income
_____	Vacations	_____
_____	Sports (playing or attending)	_____
_____	Hobbies	_____
_____	Dining out	_____
_____	Coffee	_____
_____	Cable television	_____
_____	Technology	_____

How does your financial generosity compare with spending in other areas? Any surprises?

_____

_____

_____

_____

_____

Days 3-4: Random Acts of Kindness

When was the last time you were generous to a complete stranger? Did you give money to someone on the street? Did you give someone money in the grocery line because they didn't have enough?

Over the next two days, consider how you might express generosity to someone else. You could choose a coworker, family member, or someone you

don't yet know. Think of creative ways that you could do something kind for them. Write a note, do someone a favor, call a long-lost friend, or walk someone's dog for them. If you're at a loss, you can search online for ideas.

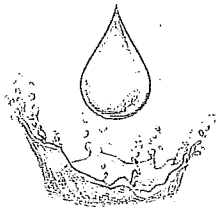
In the following space, describe how you felt about the experience. Did you interact with the person? Did you see their reaction? How did you feel about doing something for someone else? Did it feel like something you should have been doing your whole life?

Days 5-6: Level Up Your Giving

In what ways are you currently generous? Do you volunteer at the local food pantry? run errands for a homebound friend? give money to the church? List below all the ways and places in and at which you express generosity:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Over the next two days, step up to a higher level of giving and generosity. Instead of just one, take two bags of groceries to the food pantry, bring flowers to your homebound friend, or give more money to your church. How did increasing your giving make you feel? Did the experience make you want to do more or less in the future? Journal your thoughts and feelings in the following space.



Week 2
DAILY CHALLENGES

Day 8: Take a Gratitude Assessment

Each of us has his or her own view of what it means to be grateful. What does gratitude mean to you? Take this quick survey and reflect on what it means to be truly grateful. There are no wrong answers and no scoring—this is purely for self-assessment. Be as honest with yourself as possible.

Rate the following from 1 to 5, with 1 being "Strongly Disagree" to 5 being "Strongly Agree":

1. Compared to my friends and family, I believe I am very grateful.

   1 2 3 4 5

2. When I receive a bonus or raise, I believe this is mine and mine only. I worked hard for it, and I will do with it as I please.

   1 2 3 4 5

3. When I receive a gift, I always send a "thank you," either by sending a note or email, or via a phone call.

   1 2 3 4 5

4. I can remember the last time I actually sent a handwritten thank-you note.

   1 2 3 4 5

5. I seldom, if ever, thank people who are simply "doing their job."

   1 2 3 4 5

6. When someone genuinely thanks me, it makes me feel great and encourages me to do more.

   1 2 3 4 5

Place a check mark beside a person you have thanked in the last thirty days.

_____ the person who bags my groceries

_____ the cashier

_____ a former teacher

_____ a spouse for cleaning or cooking

_____ a custodian at work

_____ someone I really don't like

_____ someone I paid to do a job: a plumber, electrician, lawn care person, etc.

_____ a flight attendant or ticket agent

_____ God

What did this exercise tell you about your personal level of gratitude? Journal your reaction in the space below.