



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Give the gift of: Wisdom	2 Give the gift of: Respect	3 Give the gift of: Joy	4 Give the gift of: Inspiration	5 Give the gift of: Creativity	6 Give the gift of: Generosity
7 Give the gift of: Quietness	8 Give the gift of: Strength	9 Give the gift of: Recognition	10 Give the gift of: Understanding	11 Give the gift of: Compliments	12 Give the gift of: Conversation	13 Give the gift of: Humor
14 Give the gift of: Clarity	15 Give the gift of: Help	16 Give the gift of: Harmony	17 Give the gift of: Celebration	18 Give the gift of: Opportunity	19 Give the gift of: Empowerment	20 Give the gift of: Expectation
21 Give the gift of: Togetherness	22 Give the gift of: Support	23 Give the gift of: Sincerity	24 Give the gift of: Fun	25 Give the gift of: Yourself	26 Give the gift of: Peace-making	27 Give the gift of: Gratitude
28 Give the gift of: Surprise	29 Give the gift of: Listening	30 Give the gift of: Friendship	31 Give the gift of: Release			

*Giving is the soul's way of whispering, "I see you, and you matter!"*  
 (Cher & Bil Holton)



## *How to Use the “Give the Gift Of...” Calendar*

1. Each day identifies a specific focus area for giving.
2. Spend time in your morning meditation to clarify what the focus area means to you.
3. Using your own definition(s) for the focus area, **find as many ways as possible to give it during the day.** Your goal is to find at least one opportunity to give, connected with the focus area of the day, for every waking hour! Be as creative as you want!
4. Keep a journal, where every day you record the gifts you gave and your experiences/emotions. (We’ve provided a Journal Worksheet to help you capture your experiences each day.)
5. Reflect on your journal entries using these reflection questions:
  - a. How many different ways did you find to give?
  - b. What was the most unique? The most fun? The most challenging?
  - c. How did this Giving Challenge affect you emotionally? Spiritually? What impact did it have on those around you?
  - d. What spiritually enriching lessons can you take away from this activity that will stay with you as you move forward?