



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>The greatest and most memorable gift you can ever give is the gift of yourself! (Cher &amp; Bil Holton)</i>					1 <i>Listening</i>	2 <i>Second Chances</i>
3 <i>Friendship</i>	4 <i>Wisdom</i>	5 <i>Respect</i>	6 <i>Positive Affirmation</i>	7 <i>Inspiration</i>	8 <i>Creativity</i>	9 <i>Generosity</i>
10 <i>Quietness</i>	11 <i>Strength</i>	12 <i>Recognition</i>	13 <i>Understanding</i>	14 <i>Compliments</i>	15 <i>Conversation</i>	16 <i>Humor</i>
17 <i>Clarity</i>	18 <i>Happiness</i>	19 <i>Yourself</i>	20 <i>Celebration</i>	21 <i>Opportunity</i>	22 <i>Empowerment</i>	23 <i>Expectation</i>
24 <i>Togetherness</i>	25 <i>Fun</i>	26 <i>Sincerity</i>	27 <i>Support</i>	28 <i>Happy Memories</i>	29 <i>Peace-making</i>	30 <i>Gratitude</i>
31 <i>Unexpected Surprise</i>						



## *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?

# 31-Day Giving Challenge: Journal Notes



**Week #: Day #:**

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**Week #: Day #:**

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**Insights from the week:**

How many ways did I find to give?  
What was most unique? Most fun? Most challenging?  
How did this Giving Challenge affect me emotionally?  
How did this Giving Challenge affect me Spiritually?  
What impact did it have on those around me?  
What spiritually-enriching lessons can I take from this?