

BELIEVE IN YOU

Name: _____ Date: _____

The Five Types of **GENEROSITY**



This journal is designed for students and adults. *Go Be Great!*

GENEROSITY

/noun/

The quality of being ready and willing to give more of something than is considered necessary or expected.

Welcome to the 5 Day Generosity Journal.

This book is designed to help you discover the power and purpose of generosity. **This 5 Day Journal will help you discover the five types of generosity, and understand how being generous can improve the world you live in.**

Every day for the next five days, take 10 minutes to read, think, and write. First, read the page for the day and then think about what you read for 3 to 5 minutes. Then, write 4 to 6 sentences in the space provided. This short amount of writing is meant to help you internalize the important concepts covered.

When you need to, return to this journal and repeat the process. Everyone has the capacity to demonstrate generosity. You can give out of an abundance of kindness, talent, effort, time, or things. **Give your greatness to the world. We Believe In You!**

The Five Types of GENEROSITY

BELIEVE IN YOU

GENEROSITY TYPE 1: KINDNESS

Kindness is the quality of being friendly, supportive, considerate and giving.

Kindness and generosity naturally go hand-in-hand. Giving support and considering the feelings of others demonstrates empathy and builds relationships with the people around you. Kindness is free. However, being generous with kindness does require thoughtful and purposeful acts.

HOW CAN YOU GIVE KINDNESS?

Give someone a compliment. Tell someone you're thinking of them. Let someone you love know that you love them. How has someone given you kindness in a meaningful way?

THINK ABOUT KINDNESS

Be kind today and tomorrow. Write the name of 1 person that you will give kindness to in the next 24 hours. Write 1 or 2 sentences describing how you'll do that. Then, write a few words about how your generosity will have a positive impact.

- write in the space below -



KINDNESS

BELIEVE IN YOU

GENEROSITY TYPE 2: TALENT

Talent is the collection of a person's natural skills and abilities.

Talent is unique to each individual and can be a very valuable gift when it's offered in a generous way. Some easy to understand examples include cooking for someone, helping another person with homework, and making thoughtful homemade gifts. There are countless ways to share talent.

HOW CAN YOU GIVE TALENT?

Try to do your best in everything that you do. Help someone solve a problem. Look for ways to share the things that you're good at and enjoy. How has someone shared their talent with you?

THINK ABOUT TALENT

Share your talent this week. Write the name of a person or group that you will give your talent to in the next 7 days. Write 1 or 2 sentences describing how you'll do that. Then, write a few words about how your generosity will have a positive impact.

- write in the space below -



TALENT

BELIEVE IN YOU

GENEROSITY TYPE 3: EFFORT

Effort is the physical and/or mental work that a person gives to a purpose, goal or cause. The amount of effort that a person gives is usually a choice.

Have you ever helped someone carry groceries? That's an example of being generous with your effort. If you've sat with someone and helped them solve a problem - you've been generous with your effort. Being generous with your effort may not be easy - but it is all within your control.

HOW CAN YOU GIVE EFFORT?

Open a door for someone who has their hands full. Take an extra minute to pick up trash or clean up a mess. Work hard on an assignment or project. How has someone shared effort with you?

THINK ABOUT EFFORT

Give your best effort. Write the name of a person or group that you will give your best effort to over the next month. Write 1 or 2 sentences describing how you'll do that. Then, write a few words about how your generosity will have a positive impact.

- write in the space below -



EFFORT

BELIEVE IN YOU

GENEROSITY TYPE 4: TIME

Time is a period of seconds (minutes, hours, etc.) that people can use to accomplish a task or achieve a goal. **Time is our most valuable possession.**

Giving time as an act of generosity is extremely valuable and can have a very positive impact on relationships. Every person is given 24 hours in a day. How that time is used is a personal choice. You may have to go to school or work – but you choose how you will show up. Will you make the most of your time?

HOW CAN YOU GIVE TIME?

Visit or call someone who lives alone. Volunteer with a local organization that helps other people or animals. Sit with someone who needs to talk. How has someone shared time with you?

THINK ABOUT TIME

Give the gift of time. Write the name of 1 person that you will give your time to in the next 7 days. Write 1 or 2 sentences describing how you'll do that. Then, write a few words about how your generosity will have a positive impact.

- write in the space below -



TIME

BELIEVE IN YOU

GENEROSITY TYPE 5: THINGS

Things refer to your personal possessions – the items that belong to you.
Possessions can include property – like clothes, electronics and money.

Being generous with your things can be an important way to help others. However, the other 4 types of generosity are often considered more personally meaningful because the giving comes from within and includes resources (kindness, talent, effort and time) that can't be replaced.

HOW CAN YOU GIVE THINGS?

Donate clothes or household items to community organizations. Buy and donate food to local food pantries. Buy items from local businesses – even if they cost a little more. How has someone shared things with you?

THINK ABOUT THINGS

Give from what you have. Write the name of an organization that you can give to in the next 30 days. Write 1 or 2 sentences describing what you'll give and why. Then, write a few words about how your generosity will have a positive impact.

- write in the space below -



THINGS

BELIEVE IN YOU

FOCUS ON GENEROSITY

It's been said that what you give will come back to you. In other words, your generosity will help your world be a better place, and that will make your life better.

In your own words,
what is generosity?



Why do you think that
generosity is important?

BELIEVE IN YOU

LEAD BY EXAMPLE Priority Learning Outcomes

Based on CADA Student Leadership Standards

This journal-based experience is designed to help individuals reach the following leadership outcomes:

Communication

- Individuals will reflect on successes and areas for growth with growth mindset and optimism.

Personal and Social Development

- Individuals will identify emotions, thoughts, and values that impact behavior and self-efficacy.
- Individuals will analyze personal strengths and areas for improvement with healthy self-perception, self-competence, and growth mindset.
- Individuals will access and utilize self-management and self-regulation tools and strategies related to stress, motivation, discipline, and impulse control.

Civic and Service Learning

- Individuals will experience, reflect on, and recognize the value of serving others.

The world needs you. We Believe In You.

KINDNESS

TALENT

EFFORT

TIME

THINGS

For more information about the CADA Student Leadership Standards visit www.cada1.org

BELIEVE IN YOU

Believe In You Empowerment Programming
is made available free as a public service
of the VARSITY BRANDS IMPACT Program.

As a member of your school community,
it is our mission to elevate the experience for every
student, teacher and school-based leader.

For more free programming or to
inquire about professional development visit:
www.believeinyou.com
or
www.varsitybrands.com/impact-program

