# PRACTICE EXERCISES

# GENEROSITY

## WEEK TWO

★ The number of stars represents the degree of difficulty. ★

## Can I Borrow Your...?

We all have prized possessions, favorite tools, or expensive equipment that we would rather not loan. Your generosity goal is to say yes the next time someone asks to borrow something you'd rather not loan out. In case you think, "That rarely happens," then don't wait around to be asked. Look for someone you know who could benefit from something you have to offer and offer it.

What did you loan and to whom?

## Missed Opportunities

Even though your intention is to improve your trait of generosity, much of the practice of generosity requires noticing opportunities to be generous. So that's where you need to start. Get better at "noticing." And "getting better" at noticing comes when you recognize what you failed to notice. Look at the list of opportunities to the right as examples to jog your thinking. Reflect on recent interactions and identify three missed opportunities in the boxes below.

- **Give monetary help.**
- **Give credit to someone for their accomplishment.**
- **Give time and attention when I am busy.**
- **Give understanding when someone dropped the ball.**
- **Assume good intentions even when someone did something that bothered me.**
- **Let someone borrow something when I am not sure I'll get it back in good condition or even at all.**
- **Give appreciation when I am not getting it myself.**
- **Give extra time to help someone when I'm actually needing someone to help me.**
- **Give affirmation.**
- **Give forgiveness.**
- **Give the benefit of the doubt when I'm unsure of someone's motives or sincerity.**

Missed opportunity #1

Missed opportunity #2

Missed opportunity #3

## Complete the Self-Assessment Survey

Go to the Self-Assessment part of the Assessment Module. Use the QR code or enter the web address below the QR code into your browser. **Remember to respond to the survey's statements as you think others would if they were assessing you.** Then you'll immediately see the results online and also in an email.

https://bit.ly/self-assess-survey

Want all 30 generosity exercises in our full-color 60 page workbooks? **bit.ly/generosity-hardcopy** or scan the QR code.

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