



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



## *How to Use the "Give the Gift Of..." Calendar*

1. Each day identifies a specific **focus area** for giving.
2. Decide what the focus area means to you, and find as many ways to give 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!
3. Keep a journal, where every day you record the gifts you gave and your experiences/emotions.
4. 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? What impact did it have on those around you?
  - d. What lessons can you take away from this activity that will stay with you as you move forward into 2019?