



*Welcome!*

*This exercise requires very little of your time and has a wonderful effect, first on yourself and then on your family/community/world out there. Relax, enjoy your reflection and let the ripple effect of giving work its magic.*

*Best wishes,*

*Ana Ferreira,*

*Travel Into You*

[www.travelintoyou.net](http://www.travelintoyou.net)



## 1. Your giving strengths

List 5 to 10 things which are abundant for you and you could give to others.

For example: time, care, food, clothes, money, physical help, knowledge, technology, wisdom.

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## 2. Zoom-in

Specify further those items on your list.

For example: preparing a meal to someone, giving a babysitting hour, baking a cake, giving a book, listening to someone in need of your time and comprehension, fixing a computer, painting, giving accounting assistance, sending an warm and useful email to someone.

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### 3. Decide to whom you are going to give

Is it to someone in your family? In your community? In your kids' school? Someone or some organization online? To a colleague?

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#### 4. Review and take action

Review all your answers above and pick 3 possible combinations that feel right to you. Put a date on them, open your awareness for the possibilities, and start!

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5. How did the exercise, each of those actions, and this whole process feel to you? Note here your personal insights!

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*Congratulations!*

*I hope you liked going through this exercise on the art of giving. If you would like to send me feedback on this exercise, you can always reach me at [info@travelintoyou.net](mailto:info@travelintoyou.net). My name is Ana and I will be happy to connect with you!*