

Day 13 - Giving

What goals do you have about learning? How can you take what you want to do, state your negative reactions and then turn them into actions.

Sample questions:

I want give more of my time to

I want to give but I also want to receive

I want to give my knowledge to

Turn the can't into going to:

I am confident in my ability help others by

I will know my limits on giving, If my giving isn't reciprocated I will know when to not keep giving

*Write your usual giving goals
Then write whatever is holding you back*

I am going to

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM



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I am going to take action by giving:

