

» 10 *Charity* Action Steps

- 1 Research justgive.org, greatnonprofits.org or charitynavigator.com to find a cause that inspires you.
- 2 Start a journal of your charitable giving and acts of kindness.
- 3 Write down a few causes that are especially meaningful to you.
- 4 Reach out to five people and express your appreciation of them. Take time to reflect on how you felt while doing that. What responses did you get back?
- 5 Create a special charity bank account or set aside a portion of your income to donate to a cause.
- 6 When feeling stressed, make a donation or commit an act of kindness toward another.
- 7 Volunteer your time in service to a friend or neighbor in need. Reflect on how it made you feel while you were doing it.
- 8 Spend some time volunteering for people who are in need.
- 9 Promote your favorite charities in some way – send a Tweet, make Facebook updates, send an email to friends, etc.
- 10 Start a campaign with an online charity platform. Inform your network about your pursuit and ask them to join your cause.

In *Charity The Gifts of Giving*, author Garret Biss investigates the benefits of giving that we don't often discuss – the benefits we the givers often receive. Learn how the act of giving can help you find greater peace, happiness and joy in your own life.

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