Exercise 2.1

**Stereotypes**

10–20 minutes

Fill in the following sentences, allowing yourself to write whatever comes to your mind, uncensored. By getting at the ideas that are just below the surface we can begin to identify our stereotypes—and, if appropriate, discard them.

Typical philanthropists are:

(example: from old money; older than fifty-five; live in mansions, give millions)

1. Selfless
2. Want to help others
3. Want to change the world

People I know who give are:

a. Do so for religious purposes

b. Are celebrities and have the means to do so

c. Give to help those who can’t help themselves

As a giver I am:

(example: generous, focused, scattered, impulsive):

a. More focused on relationships than financial contributions

b. Loving

c. Passionate

**Reflection:**

What have you learned about yourself by doing this exercise? For example, you may have found that your stereotypes contradict your experience or that the terms philanthropist and giver elicit different reactions.

I found that according to how I would define a philanthropist, someone who is a giver would be considered different than a philanthropist. In this case, at this point in my life, I consider myself more of a giver than a philanthropist. I also found I put more emphasis on people than I do on money.

Exercise 2.2

**Gratitude**

15 minutes

What have you received, and how might you “pay it forward”?

**The Greatest Gift You Have Received**

Who has most deeply touched your life, or the life of your family, as a giver?

 As cliché as it may sound, my mom is one of the biggest givers I know and I would consider her the person who has most deeply touched my life as a giver.

What did this mentor, hero, or heroine pass on to you that you most treasure?

  She passed on strength, resilience, and hope to me. In the darkest times she always find something to be thankful for.

What are you most grateful for?

I’m most grateful for the love my family gives me on a daily basis. They are a constant in my life and they mean the most to me.

1. What Have You Given

There are many ways to “pay forward” the gifts you have received by passing on your own gifts of yourself to others. Rate yourself below using a scale of 0 to 5, with 0 meaning you have no interest in that activity, 1 meaning you are not doing enough, and 5 meaning you are very active in the spirit of giving.

|  |  |
| --- | --- |
| \_0\_ Parenting | \_1\_ Committee work for a nonprofit |
| \_0\_ Teaching | \_5\_ Service on nonprofit board |
| \_0\_ Coaching | \_1\_ Artistic accomplishment |
| \_1\_ Mentoring | \_1\_ Spiritual assistance (meditation, prayer, observances) |
| \_1\_ Volunteering |
| \_0\_ Government service | \_0\_ Giving financially while living |
| \_0\_ Military service | \_\_\_ Legacy gifts |
| \_1\_ Service through religiousorganizations | \_\_\_ Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| \_\_\_ Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Exercise 2.2

**Gratitude, Cont’d**

Looking at the ratings above, in what areas are you active and satisfied with your action?

I am satisfied with my service on a nonprofit board.

What areas would you like to become more active in?

 Mentoring, volunteering, service through religious organizations, and spiritual assistance

**Giving While Living: What Do You Want to Do Now?**

In the next three months I will extend my gifts to others in these ways:

-volunteer with a non-profit

-continue to mentor those younger than me as I have in the past

-use my work with philanthropy boards to work with religious organizations

**Leaving a Legacy**

The one thing I want people to remember about me as a giver is:

I gave with a grateful and I did so for the right reasons. I didn’t give for myself, bit for the benefit of others.

After I am gone, my hope is that my gifts continue in these ways:

I hope that my gifts benefit minorities and those who are underprivileged and help them find a strong place in society where they can have a voice and be heard.

I want my gifts to be put to good use and used not only for minorities and underprivileged, but also for all axis of oppressions of all ages, with a special program for children.

Exercise 2.3

**Vision and Values**

15–20 minutes

Put a check mark beside the values below that resonate for you. Then circle the *three* that are most important to you.

|  |  |  |
| --- | --- | --- |
| £✔️  Community | £  Harmony | £  Preservation |
| £✔️  Compassion | £ ✔️ Healing | £✔️  Respect |
| £  Courage | £✔️  Honesty | £✔️  Self-Discipline |
| £ ✔️ Creativity | £✔️  Humility | £ ✔️ Self-Respect |
| £✔️  Determination | £  Independence | £ ✔️ Service |
| £ ✔️ Diversity | £  Innovation | £  Simplicity |
| £  Empathy | £  Integrity | £✔️  Spirituality |
| £✔️  **Equality** | £  Interdependence | £  Stability |
| £  Excellence | £  Justice | £  Teamwork |
| £  Fairness | £  Knowledge | £  Thrift |
| £ ✔️ Faith | £ ✔️ Leadership | £  Tradition |
| £ ✔️ Family | £  Love of comfort | £  Transformation |
| £  Freedom | £ ✔️ Love of others | £  Other: \_\_\_\_\_\_\_\_\_\_\_\_ |
| £  Generosity | £ ✔️ Loyalty | £  Other: \_\_\_\_\_\_\_\_\_\_\_\_ |
| £  ✔️Good sense | £ ✔️ Patience | £  Other: \_\_\_\_\_\_\_\_\_\_\_\_ |
| £  ✔️Hard work | £  Peace | £  Other: \_\_\_\_\_\_\_\_\_\_\_\_ |

Issue Areas and Concerns

Following are words or phrases that describe issue areas and concerns that you may care about as a contributor. The areas listed are only for inspiration. You may never have donated time or money to these areas of interest before; this exercise is simply to give you the chance to recognize what has meaning for you among things you could give to. Put check marks next to those that have the most meaning for you. Then go through the list again and circle your top three.

|  |  |  |
| --- | --- | --- |
| £  Aging | £  Catholic charities | £  Death and dying |
| *£*✔️*Animals and species Preservation* | £ ✔️ Children or child care | £  Demilitarization |
| £  ✔️Civil rights | £ ✔️ Disability rights |
| £  Anti-Semitism | £  Coexistence | £  ✔️Disaster relief |
| £ ✔️ Anti-Racism | £  Community gardens | £  ✔️Domestic violence |
| £  ✔️Arts and art institutions£  Biodiversity | £  Computer literacy£  Corporateresponsibility | £  Drug and alcoholabuse |
| £  Boys | £  Economic justice |
| £  Business development | £  Cultural heritage | £  Education |

Exercise 2.3

**Vision and Values, Cont’d**

|  |  |  |
| --- | --- | --- |
| £  Elder care | £  ✔️Immigrant and refugee rights and services | £  ✔️Poverty solutions |
| £  Electoral reform | £  Prison reform |
| £  Employment training and job creation | £  International development | £  Public policy or advocacy |
| £  Environment or environmental justice | £  Islamic causes | £  ✔️Religion |
| £  Jewish causes | £  Reproductive rights |
| £ ✔️ Faith-Based community service | £  Legal aid and services | £  Science and technology |
| £  Libraries | £  ✔️Seniors |
| £  ✔️Gay, lesbian, bisexual, or transgendered rights | £  Literacy | £  Spiritual development |
| £  Media | £  Sports and recreation |
| £  Girls£  ✔️Global climate change | £  Medical research | £  Sustainability and sustainable development |
| £  ✔️Gun control | £  ✔️Native and indigenous peoples’ rights | £  ✔️Women’s leadership and civil liberties£  ✔️Youth development |
| £  Health care and prevention | £  Nutrition and hygiene£ ✔️ Parks and land preservation |
| £  HIV and AIDS | £  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_£  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_£  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_£  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| £  ✔️Homelessness and housing | £  Peace or conflict resolution |
| £ ✔️ Homophobia | £  ✔️Philanthropy and volunteerism |
| £ ✔️ Human rights |

Reflection: Do you see a relationship between your top values and your top interest areas? Here are two examples:

Family- children or child-care

Equality-antiracism and human rights

Write down the relationships you see among your own values and interests:

I have a passion for people. I want what’s best for people, especially those who are less likely to receive equal treatment which is why equality was one of my top three visions and values.

Exercise 2.6

**Time, Talents, and Treasures**

15–25 minutes

In the list below put a check mark next to each characteristic or item that is true for you. These may stimulate you to think of specific ways you want to share your abilities in the second part of the exercise.

Ö✔️I can donate my professional skills to a nonprofit.

* My workplace has equipment or services or a meeting space I could offer to a nonprofit for their use.
* ✔️I’m good at organizing details and creating plans. I’m good at motivating people. I’m good at planning events and giving parties.
* I know many people in my community who might be good resources.
* I like to teach what I know.
* ✔️I am a good listener or writer.
* ✔️I have experience designing or administering Web sites.
* ✔️I am a supportive person to work with.
* I’m good with financial information.
* I like to raise money.
* I can translate or know people who can translate documents into other languages.
* ✔️I have graphic skills or artistic talents.

Ö✔️I love kids or am good with elders.

* I am a passionate public speaker.
* ✔️I have 15 hours of time per week, or would be willing to take a day or more each month, to donate.
* Other: : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Now look back at the top three values and issue areas you circled in Exercise 2.3. Think about the time, talent, and resources unique to you and your community that you can offer in working on those issue areas. For example, if you’re a breast cancer survivor and one of your issue areas is breast cancer, you might write, “I have been through diagnoses and treatment and could help others know what to expect or simply provide support.” Or, if you’re passionate about electoral reform and belong to a civic group or business roundtable, you could invite a speaker on the topic to make a presentation.

Write a statement here of how you can offer your time, talents, and treasures:

Because I am passionate about equality and minority groups and I am good with technology and organizing I can work with others that share the same values as I do and serve as an organizational team member. I can do logistical behind the scenes things very well.