

Journal Ideas: Generosity



1. How generous are you? *Rate yourself* 0–5 on the following items (0 = not generous at all, 5 = extremely generous):
 - a. with my “stuff”
 - b. with my time
 - c. with my friends
 - d. with my money
2. If you had \$100 to give away, what would you do with it?
3. What is the best or nicest thing someone has given you?
4. What is the best or nicest thing someone has done for you?
5. What is your most prized possession? Why is this important to you? Would this be hard for you to part with or to give away?
6. Who are some adults who have been generous with their time? (coaches, teachers, relatives) Why do you think they share their time with you and others?
7. Would you rather have someone give you their money, time, or possessions? Why?
8. If you needed help with someone, who are the top three people you would ask for help? Why?
9. Make a list of skills you have that you could teach or share with others.
10. Who are some famous characters in books or movies who are very generous? Who are very stingy? Give examples.