



7-Day Challenge: Getting Started

Start with the Conversation. Work through the seven cards together. Some ask for your own ideas and experiences. Others ask you to research the science and bring back what you discover.

00 HOW TO RUN IT

1. Cut the seven cards, or work down the page in order.
2. Cards marked **RESEARCH** need a source. Look it up, then bring what you found back to the group.
3. Answer in your own words. There is no correct answer on this page.
4. Card 07 closes the discussion: everyone names one small way to give to people, animals, and the planet.
5. Then start the 7-Day Challenge on page two.

01 WHAT COUNTS?

TALK

What actually counts as “giving back”? Does it have to be money? Could it be your time, or something you’re good at? Decide what counts before you start.

02 WHY WE GIVE

RESEARCH

Look up one reason scientists think humans are generous, kind, or compassionate so easily.

BRING BACK

Your source, and one sentence you’d use to convince a friend.

03 WELL-BEING

RESEARCH

Find one piece of evidence that giving changes how the giver feels, not just the person who receives it.

BRING BACK

What was actually measured? Emotions? Physical reactions? Explain.

04 HABIT BUILDING

RESEARCH

Creating new, healthy habits takes practice, including being kind and generous. Look up how many days it takes for a new habit to feel automatic, and why most people quit before then.

BRING BACK

The number, your source, and whether you think it’s true for you.

05 WHO TAUGHT YOU TO GIVE?

TALK

Think of one person who showed you what giving looks like, a parent, a teacher, a friend. What did they do that stuck with you?

06 THE SECOND EFFECT

TALK

Think of a time you helped someone.

- How did it feel for you?
- How do you think the receiver felt?
- What effect do your emotions and the receiver’s emotions have on the world around you?

07 PEOPLE / ANIMALS / PLANET

CLOSE

Giving isn’t only about people. Name one small way you could give to a person, an animal, and the planet. Say all three out loud, then remember these ideas for page two.



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Start Your 7-Day Giving Practice. For the next seven days, find one small way to give each day. There is no set list. Notice what is happening around you, choose an action that matters to you, and record what you did.

HOW THE WEEK WORKS

1. Each day has a focus, not an instruction. You decide what the action is.
2. Keep it small enough that you will actually do it today.
3. Write the action first, then what changed after. This can be as simple as how you feel.
4. Missing a day does not end the week. Pick it up the next morning.
5. In a group, share Day 7 answers. Your action may just inspire someone else.

MY COMMITMENT

I will find one small act of giving each day for seven days, and I will record what happened.

SIGNATURE & DATE

1 DAY	SOMEONE CLOSE TO YOU Start where it is easiest. What did you do? _____	WHAT CHANGED _____ ☐
2 DAY	A STRANGER Someone you owe nothing to. _____	WHAT CHANGED _____ ☐
3 DAY	ANIMALS Wild, shelter, or a pet that is not yours. _____	WHAT CHANGED _____ ☐
4 DAY	THE PLANET A place near you that is worse off than it should be. _____	WHAT CHANGED _____ ☐
5 DAY	GIVE YOUR TIME No money involved. Only your hours or your skill. _____	WHAT CHANGED _____ ☐
6 DAY	NOBODY FINDS OUT Anonymous. Does it feel different? _____	WHAT CHANGED _____ ☐
7 DAY	YOUR OWN IDEA, THE BIGGEST ONE The one you have been putting off all week. _____	WHAT CHANGED _____ ☐

LOOK BACK

Which day was hardest, and why? Which one would you keep doing if nobody asked you to?

NEXT

Anything you keep past day seven becomes a practice. Log it in the 365give Impact Tracker and keep counting.