7-Day Daily Giving Starter

Seven days. Seven small actions. One practice that can change how you live.

THE WHOLE IDEA

We become what we practice.

When we practice giving every day, we practice kindness, compassion and caring for ourselves, others and the world around us. Over time, these aren't just things we do. They become part of who we are and how we live.

01 02 03 04 05 06 07

START TODAY

INTRODUCTION

Not a challenge. A practice. A new habit.

For the next seven days you will take **one small action a day**. Nothing extraordinary, nothing that needs a free weekend or spare money. The point is to notice what happens when giving becomes something you practice on purpose.

We become what we practice.

Small actions repeated over time shape how we live, how we feel, how connected we are to the world around us, and who we become.

SEVEN DAYS

Start small

A week is short enough to commit to and long enough to begin experiencing what a daily practice feels like.

SMALL BY DESIGN

Fits a busy life

Every action takes minutes and costs little or nothing. Stress and a full calendar are not disqualifiers.

GIVING, YOUR WAY

More than one way

People, yourself, animals, the planet, gratitude and connection. Discover the many ways giving can become part of your day.

> HOW TO USE THIS
>
> Read each morning when you wake up. Do the action whenever it fits. Write one line about what you noticed before you go to bed. If you miss a day, pick it up the next one. That is part of the practice too.

THE EXPERIENCE

Seven days, seven directions.

01

CONNECTION

Reach Out

Message someone you've been meaning to contact. Tell them you were thinking about them and why.

What did you notice?

02

GRATITUDE

Say It Out Loud

Tell someone exactly what you appreciate about them. Be specific. Make sure they know why they matter to you.

How did it land?

03

YOURSELF

Refill Yourself

Give yourself twenty uninterrupted minutes to do something that restores you. Just for you. No guilt.

What changed?

04

PLANET

Leave It Better

Pick up five pieces of litter on a route you already walk, or skip one single-use item today.

What did you notice?

05

ANIMALS

For The Animals

Put out fresh water for birds, walk a neighbour's dog, or share a local shelter's adoption post.

How did it feel?

06

ANONYMOUS GIVING

Give Anonymously

Do one useful or generous thing without taking credit for it. Pay for the next coffee, tidy a shared space or quietly help someone without being asked.

What surprised you?

07

YOUR CHOICE

Choose Your Own

You know your life best. Choose an action that matters to you today and make it happen.

Why this one?

REFLECTION

What did the week give you?

How did giving make you feel, day to day?

Did you feel more connected to the people around you?

Which action meant the most to you, and why?

What did you learn about yourself this week?

Which of these would you like to keep practising?

THE BIGGER IDEA

Seven days was the start. What could happen if this became part of how you live?

Keep going. The 365give Individual Resource Library gives you free tools and resources to build daily practices that support your happiness and well-being, strengthen connection and help you create positive impact in the world around you.

Track your daily giving with our free Impact Tracker at 365give.ca/impacttracker

FREE TO JOIN

Small actions. Practised daily.
Become a way of living.