



The 30-Day Helper's High Habit

What if one small new daily habit could help you feel happier, more connected and add more meaning to your life?

No exercise required. No changing your eating habits. We won't ask you to stop scrolling.

This may be the easiest self-help habit you start this year.

Welcome to the Helper's High. Let's get started.

THE SCIENCE

The science behind the Helper's High.

Research shows that giving doesn't just make a positive impact on another person, an animal or the planet. That same action can have a positive impact on you.

Giving activates your body's natural reward system and can boost positive emotions, strengthen connection, add more meaning and purpose to your life, and even help buffer everyday stress.

And it doesn't require a big commitment.

As little as two minutes. No money required. One small action.

Positive impact in more ways than one.

WHY 30 DAYS

Habits grow through repetition.

The more often you choose and repeat a behaviour, the more natural it becomes. For the next 30 days, practice kindness, compassion and generosity through one small act of giving every day.

At first, you may have to stop and think about what you could do. But as you practice, you may start noticing opportunities to give without looking for them. **That's the habit we're building.**

Choose → **Give** → **Notice** → **Repeat**

HOW IT WORKS

01

Choose

One small way to give.

02

Do it

Whenever it fits into your day.

03

Notice

How it made you feel and the impact it made.

04

Record it

On your 30-day calendar.

Miss a day? Continue with the next one. **You're building a practice through repetition.**

RESEARCH AND SOURCES

Neural Basis of Prosocial Behavior, National Institutes of Health / PubMed Central (PMC10039809). The Benefits of Prosocial Behavior for Mental and Physical Health: A Neuroscience Approach, Eisenberger et al.



Your 30-Day Helper's High Calendar

NEED AN IDEA? Find a new daily giving idea in the 365give Impact Tracker at 365give.ca/impact-tracker

LOW HIGH

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
☹️☹️😊😊😊😊	☹️☹️😊😊😊😊	☹️☹️😊😊😊😊	☹️☹️😊😊😊😊	☹️☹️😊😊😊😊
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
☹️☹️😊😊😊😊	☹️☹️😊😊😊😊	☹️☹️😊😊😊😊	☹️☹️😊😊😊😊	☹️☹️😊😊😊😊
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
☹️☹️😊😊😊😊	☹️☹️😊😊😊😊	☹️☹️😊😊😊😊	☹️☹️😊😊😊😊	☹️☹️😊😊😊😊
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
☹️☹️😊😊😊😊	☹️☹️😊😊😊😊	☹️☹️😊😊😊😊	☹️☹️😊😊😊😊	☹️☹️😊😊😊😊
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
☹️☹️😊😊😊😊	☹️☹️😊😊😊😊	☹️☹️😊😊😊😊	☹️☹️😊😊😊😊	☹️☹️😊😊😊😊
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
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The free 365give Impact Tracker

365GIVE.CA/
IMPACT-TRACKER



30 DAYS LATER

What did you notice?

How did giving make you feel?

Did you start noticing more opportunities to give without looking for them?

What kinds of giving came most naturally to you?

Did anything change in how you connected with other people or the world around you?

What did you learn about yourself?

Which action made the biggest impact on you? Why?

What impact did your 30 small actions make on other people, animals or the planet?

WHAT HAPPENS NEXT?

What do you want to keep practicing?

We become what we practice.

Try the Happiness Toolbox next in the resource library! Keep your positive habits going!

KEEP GOING
INDIVIDUAL RESOURCE LIBRARY
365GIVE.CA/
RESOURCE-LIBRARY/INDIVIDUALS/