



DO GOOD · FEEL GOOD · EVERY DAY
FREE PRINTABLE RESOURCES FOR ADULTS

365GIVE INDIVIDUAL RESOURCE LIBRARY

The Individual Guide

Free resources and activities to help you do good, feel good and make an impact every day.

24

FREE RESOURCES

6

AREAS TO EXPLORE

100%

FREE



WELCOME

Small Actions. Practiced Every Day.

365give created the Individual Resource Library to help you turn small actions into a daily practice that supports your happiness and well-being, strengthens connection and creates positive impact.

These aren't just giving ideas. The resources help you understand your habits, discover what feels good, learn what supports your well-being and put what you discover into practice every day.

Changing the world one give, one day at a time.

365GIVE.CA



YOUR DAILY PRACTICE

Six Ways to Do Good, Feel Good & Make an Impact

The Individual Resource Library is designed as a progression. Start at the beginning and build your practice section by section, or jump in wherever you need a little inspiration today.

01 ○ PRACTICE

Build habits that support how you want to live and show up every day.

02 ○ HAPPINESS & WELL-BEING

Discover actions and practices that support your happiness and well-being.

03 ● CONNECTION

Strengthen relationships and discover simple ways to feel more connected.

04 ● IMPACT

Use your time, skills, voice and actions to make a difference in ways that matter to you.

05 ● INNOVATION

Explore how AI can become a co-pilot for positive impact.

06 ● GLOBAL ACTION

Turn global days, celebrations and special moments into opportunities to give and make an impact.

Follow the journey or start where you are.

The best practice is the one you actually begin.



THE SCIENCE BEHIND FEELING GOOD

Your Daily D.O.S.E. of Happiness

Our brain and body systems do a lot of the work behind how we feel. Giving to others can engage systems involved in reward, connection, mood and well-being. This positive feeling from helping others is often called the "helper's high." That's why a small act of giving can do more than make a difference for someone else. It can affect how you feel, too.

D



DOPAMINE

REWARD + MOTIVATION

O



OXYTOCIN

TRUST + CONNECTION

S



SEROTONIN

MOOD + WELL-BEING

E



ENDORPHINS

PLEASURE + PAIN REGULATION

D.O.S.E. is a simple 365give framework for understanding some of the systems associated with feeling good.

AS YOU USE THE LIBRARY

Discover what works for you.

Pay attention. The more you notice, the more you understand the actions and practices you can reach for when you need them.

| What gives you energy?

| What gives you a sense of purpose?

| What helps you feel connected?

| What supports your happiness and well-being?

Know what turns on your happiness switch.



DO · NOTICE · REPEAT

Do Good. Feel Good. Practice Every Day.

01

DO GOOD

Choose one small action and put it into practice.

02

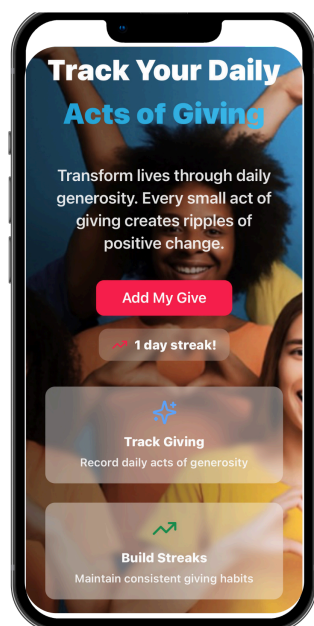
FEEL GOOD

Notice what happens around you and how the action makes you feel.

03

PRACTICE EVERY DAY

Repeat the actions that support your well-being, connection and ability to make an impact.



THE 365GIVE IMPACT TRACKER

Track Your Practice. See Your Impact.

The free 365give Impact Tracker helps turn individual actions into something you can see over time.

- Track acts of giving
- Notice how you feel
- Get new giving ideas
- Build giving streaks
- See your impact grow

START TRACKING 365give.ca/impact-tracker

We become what we practice.

Do good. Feel good. Make an impact every day.