



A 10-ACT CHALLENGE

\$0

SPENT

The \$0 Challenge

Giving doesn't have to come from your wallet when it comes from your heart.

Think giving requires money? Think again.

Your time. Your attention. Your skills. Your voice. Your encouragement. Your care. There are so many things you already have to give.

Your Challenge

COMPLETE ALL 10 WITHOUT SPENDING A DOLLAR.



01

GIVE YOUR TIME

Help someone with a task they've been putting off for 10 minutes.



06

GIVE YOUR ENERGY

Pick up litter for 10 minutes on your next walk.



02

GIVE YOUR ATTENTION

Put your phone away and really listen to someone.



07

GIVE ENCOURAGEMENT

Tell someone one thing you genuinely admire about them.



03

GIVE YOUR SKILLS

Teach someone how to do something you're good at.



08

GIVE CONNECTION

Invite someone who might appreciate the company to join you for coffee or a walk.



04

GIVE YOUR VOICE

Leave a positive review for a local business you appreciate.



09

GIVE TO ANIMALS

Share one shelter animal that needs a home.



05

GIVE WHAT YOU HAVE

Give away one useful thing you no longer need.



10

GIVE TO THE PLANET

Bring a reusable cup or bottle instead of taking a disposable one today.

TOTAL
SPENT

\$0

ACTS
COMPLETED

/ 10

Don't stop at \$0. Track your impact.

Log your 10 acts in the free 365give Impact Tracker and see how your small actions add up.

[TRACK MY IMPACT](https://365give.ca/impact-tracker/) → 365give.ca/impact-tracker/