



## GIVING AND RECEIVING EXERCISE

### Overview:

For some people, becoming more inspired in our giving might come from our connection to community or leadership, in learning more about the issue, or from empathy or passion.

The more we can get clarity about where we put our voice, time, and intent around “fun raising” – whatever role we play in this space – the more grace and success will come towards us.

I am a firm believer in crafting goals around where we put our energy and how we approach our work. Specifically, to be able to articulate and affect what conditions are keeping you from being generous with your time, talent, and treasure often help keep the circle of giving and receiving flowing.

### Activity:

Make some time for a philanthropic leadership moment and ideally have a colleague, friend or partner join you in this exercise.

1. Get out a blank piece of paper and take a minute to write down 3-5 conditions that allow you to feel more generous with your time, talent or treasure.
2. Now, write up a specific action item that you will do to move you in a direction towards one of these conditions.
3. Pick one of your actions and now speak to your partner and say “I welcome your support of me (doing this action) \_\_\_\_\_”.
4. Now you have a teammate and a pledge to one another.



**Examples could be:**

Condition: I get inspired by women who know their purpose and lead from a place of power – my giving is aligned with and sourced by smart, spiritual women who are embodying their respective souls' purpose.

Action Item: This summer I will seek out more women artists who live from this space.

OR

Condition: I need to free up some space to be more generous.

Action Item: Let me look at letting go of some of my volunteer time for \_\_\_ group and let folks know at the next Board meeting.

OR

Condition: I want to have better knowledge of my finances before I can think about giving.

Action Item: I will set up a meeting next month with an advisor to talk about my short and long term goals.