

Generosity Fact Sheet

Generosity can take many forms:

- Giving our time to a cause.
- Using our talents or performing acts of kindness to help another.
- Sharing our treasures or financial/monetary support to reach a goal.

Generosity has benefits:

- Volunteering can boost your self-confidence.
- Generosity helps you become more comfortable in social situations.
- Volunteering helps develop leadership skills that can be helpful when you look for a job.
- Volunteer experiences can help you define a career choice.
- Volunteering can provide you with a sense of well-being.
- Volunteers report sleeping better at night knowing they did something to help others.
- Youth who volunteer to help others are less likely to abuse drugs or smoke.
- Adults who volunteer are less likely to have high blood pressure.
- Volunteering gives you a sense of belonging to your community or an organization.
- Volunteering helps you master difficult social interactions.
- Volunteering develops the independence to try new acts of kindness.

Do's of being generous:

- Do volunteer for issues that are important to you.
- Do assess your talents -- identify your strengths and use them to guide your generosity goals.
- Do journal your volunteer accomplishments -- record what you learn from your volunteer experiences.
- Do try new roles as a volunteer to help you grow.
- Do count your acts of kindness as generosity.
- Do give time, if you can't give money or gifts.

