

**Exercise 2.2**  
**Gratitude**

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15 minutes

What have you received, and how might you “pay it forward”?

**A. The Greatest Gift You Have Received**

Who has most deeply touched your life, or the life of your family, as a giver?

What did this mentor, hero, or heroine pass on to you that you most treasure?

What are you most grateful for?

**B. What Have You Given**

There are many ways to “pay forward” the gifts you have received by passing on your own gifts of yourself to others. Rate yourself below using a scale of 0 to 5, with 0 meaning you have no interest in that activity, 1 meaning you are not doing enough, and 5 meaning you are very active in the spirit of giving.

\_\_\_ Parenting

\_\_\_ Committee work for a nonprofit

\_\_\_ Teaching

\_\_\_ Service on nonprofit board

\_\_\_ Coaching

\_\_\_ Artistic accomplishment

\_\_\_ Mentoring

\_\_\_ Spiritual assistance (meditation, prayer, observances)

\_\_\_ Volunteering

\_\_\_ Government service

\_\_\_ Giving financially while living

\_\_\_ Military service

\_\_\_ Legacy gifts

\_\_\_ Service through religious organizations

\_\_\_ Other \_\_\_\_\_

\_\_\_ Other \_\_\_\_\_

**Exercise 2.2**  
**Gratitude, Cont'd**

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Looking at the ratings above, in what areas are you active and satisfied with your action?

What areas would you like to become more active in?

**C. Giving While Living: What Do You Want to Do Now?**

In the next three months I will extend my gifts to others in these ways:

**D. Leaving a Legacy**

The one thing I want people to remember about me as a giver is:

After I am gone, my hope is that my gifts continue in these ways: