

Intentional Generosity Practice

Purpose of This Practice

This worksheet is designed to help you create a personal, repeatable generosity ritual that enhances your sense of abundance, builds expectancy, and amplifies your potential into the future. Get ready to meet your new beginnings! Generosity rewires the scarcity mindset that often lingers from past wounds. It's a bold statement of trust in life's flow. When you trust the flow, the fear of change *loosens its grip*. Gratitude and generosity nudge the nervous system toward safety, which unlocks creativity, risk-taking, and deeper connections.

Why Intentional Generosity Works

When you give intentionally, your brain registers it as evidence of abundance. This activates reward pathways and weakens scarcity-driven thinking. Over time, generosity becomes a catalyst for confidence, emotional wealth, and expansive thinking.

Step 1: Define Your Generosity Type

Which form of generosity resonates with you right now?

- Intellectual – sharing knowledge, ideas, insights
- Emotional – offering encouragement, forgiveness, or compassion
- Time – giving your full attention, support, or presence
- Creative – making something and giving it freely
- Relational – believing in others and lifting them up

Step 2: Design Your Generosity Ritual

WHEN: _____ (e.g., every Friday morning)

WHAT: (specific action you'll take)

HOW: (your mindset or affirmation during the act)

Example

WHEN: Every Tuesday & Thursday

WHAT: bring fresh cut flower from my flower garden to someone (friend or stranger)

HOW - Mindset/Affirmation: "I will share my abundance with others to brighten their day in a small way and communicate to them that they matter and whatever is going right or wrong in their life, it is all for their highest good."

Step 3: Post-Generosity Reflection

After each act of generosity, take 2–5 minutes to reflect:

- How did I feel before, during, and after this act?
- What part of me expanded?
- What am I now more open to receiving? (what might the universe return to you)

Tracking Table

Use this table to track your acts of generosity and their effects.

Date	Action	Feeling	Insight/Revelation	Universal return

✨ Reminder: Generosity is about movement. Don't aim to deplete yourself, seek to give from an abundance, a talent, a gift. Let your giving reflect your wholeness, not your fear.

Daily Embodiment Ritual

Support your generous outpouring by holding space for your own rest, relaxation, and recharge.



Morning:

- Drink calendula tea (steep dried petals) and meditate with your peach moonstone. Set one intention aligned with acting from your higher self.



Evening:

- **SIMPLE Gratitude reflection:** Write one sentence each night.
“I am grateful that _____ came to an end.”
“I am grateful for the lesson of _____.”
“I am grateful for the fear of _____, because it taught me _____.”



Weekly: Sunday's

- **Sunday Solar Activation:** Bathe or sit in the sun with Calendula oil on your wrists. Reflect on your personal goals, those that align with your future vision, your will and progress. Take one bold action aligned with your future direction.
- **Task Reflection:** Think about all the tasks you gave your energy to this past week. Which of those tasks were investments into your most important goals and visions for your future potential? Which were not? How much time did you spend on things that were not connected to your desires, dreams, and visions for your future?