

The Art of Giving

December 2020

A few years ago, I watched It's a Wonderful Life for the first time all the way through! I usually caught up with the story as Clarence jumps in the river after George. I've always missed the beginning and middle of the movie that highlights all the great gifts that George gave to those around him....saving his brother, helping the local bad girl, staying on with the family Savings and Loan vs. following his dream of travelling.

The one "aha" for me in the story, is that George didn't savor all he had given until he was faced with the ultimate test of his character. Do you savor all you give to others? The art of giving enriches us in ways we might never know. Now is the time for creating a generosity habit for next year. Use this habit formula, adapted by James Clear, the author of *Atomic Habits*:

- **Identify Your New Routine**
 - Start Small
 - Write your intent: *I will keep a daily gratitude journal.*
- **Create a Reminder**
 - Choose a Visual/Digital Reminder
 - Select a Time of Day
 - Use a trigger sentence: *right before going to bed.*
- **Reward and Recognize Yourself**
 - Identify and think of the benefit you gain from your new habit – *and will become more positive and happy.*

This formula can help you in creating a generosity goal in addition to other personal goals you have for the New Year. Also, think about someone who can provide support in motivating and supporting you. For all you know, your new routine might be an inspiration to them!

My hope for you is that you are thankful for 2020 and as 2021 unfolds, nurture and savor your generosity with those who fill your life.

Happy Holidays and the warmest regards,

Jane

