



the power to heal

Soaringwords' SOARING into Strength Positive Health Initiative SOARING into Altruism Workbook

Proud Silicon Valley Community Partners:



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Opening your Heart to Altruism

Think of a time when you felt a strong bond with someone in your life. Choose a specific example of an experience you had with this person where you felt especially close and connected to them.

Think of an example of something kind that SOMEONE did for YOU from your childhood or it could be something more recently. Spend a few minutes writing about what happened. In particular, consider the ways in which this experience made you feel close and connected to the other person.

Write about ALL OF THE POSITIVE EMOTIONS that this altruistic action generated when you think about it.



Five Acts of Kindness

One day this week, perform five acts of kindness - all five in one day.

Examples include helping a friend with a chore, providing a meal for a person in need, feeding a stranger's parking meter, or donating blood.

After each act, Write down what you did in one or two sentences. For a bigger happiness boost, also write down how it made you feel.

Act 1

Act 2

Act 3

Act 4

Act 5



Pausing for Gratitude

List five things for which you are grateful right now, they can be big or small.

1

2

3

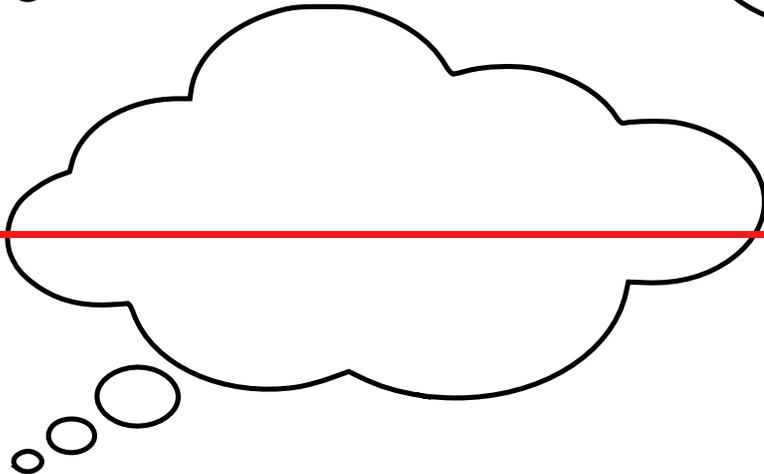
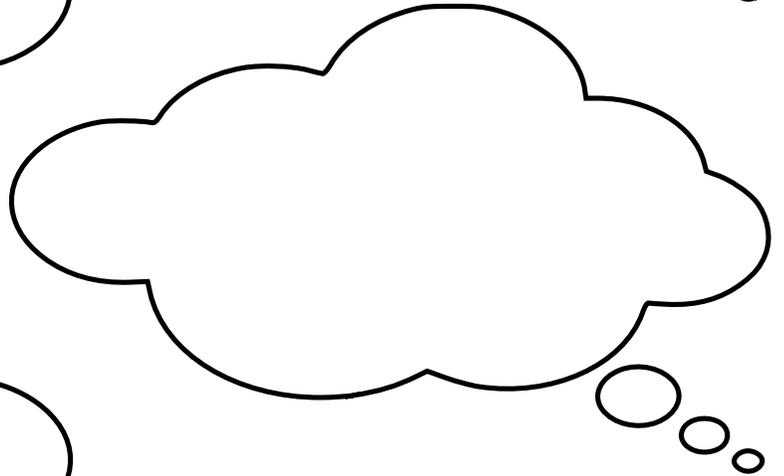
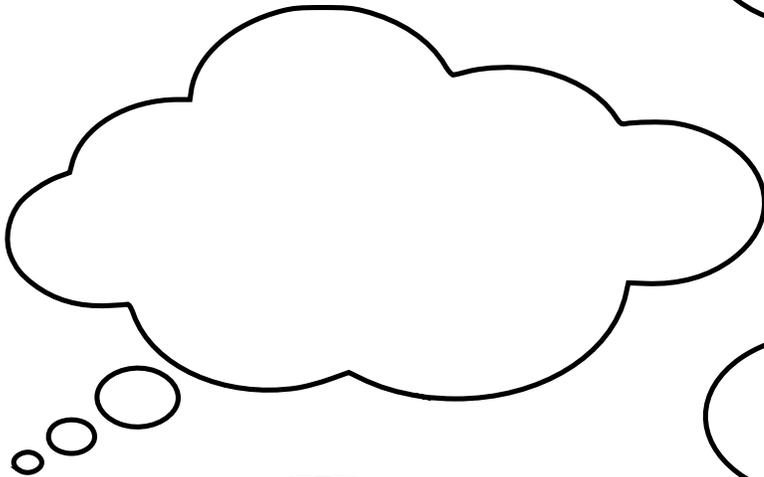
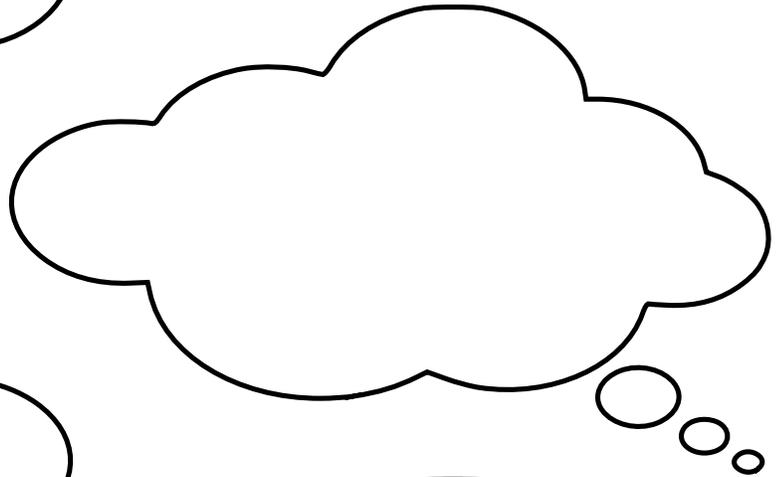
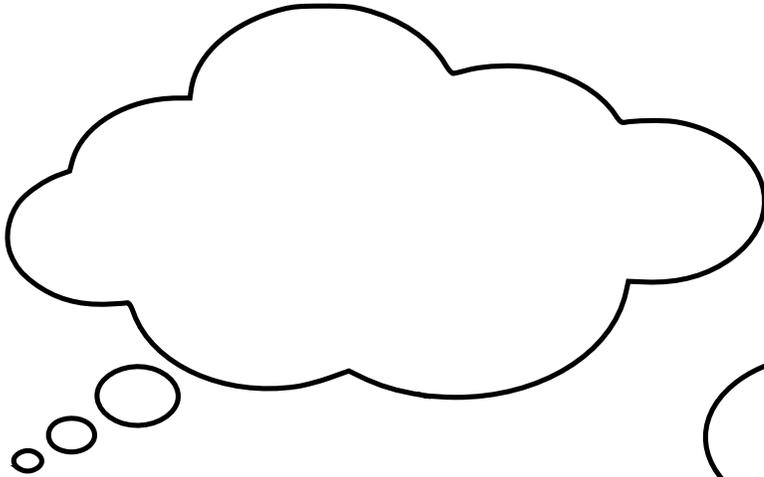
4

5



Gratitude is All Around You

Take a moment to look around your surroundings and see how you could add words, images, or objects that communicate connection. This could include a photo of a beloved relative or friend. Write down these ideas.



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Gratitude Ladder

A Fun Exercise to share with someone you know

Gratitude opens your heart and inspires you to give back to others. Gratitude is about joy and appreciation of the simple little things that happen each day. Sometimes it is easy to take these small things for granted.

Today you are invited to pay attention to GRATITUDE in order to experience more gratitude in your life. Today you are going to make a Gratitude Ladder for someone you know to show them what you appreciate most about them.

Think about someone you admire, someone who is kind. Think of someone who does nice things for other people. Perhaps this person is your teacher, a parent, a special friend or a nurse or your doctor.

What makes this person unique? What are the character strengths that you have seen in this person? What are special characteristics that come to your mind when you think about this person?

Let's Get Started on making a Gratitude Ladder:

1. Close your eyes and think about someone special. Write this person's name on the border from top to bottom.
2. Look at the Soaringwords A-to-Z sheet of adjectives to pick a word that goes with each letter of the person's name.
3. Fill in the bottom lines with a message of thanks for this special person.
4. Give your message to that someone special in your life.

Tips:

Be on the look-out for special people to thank each day.

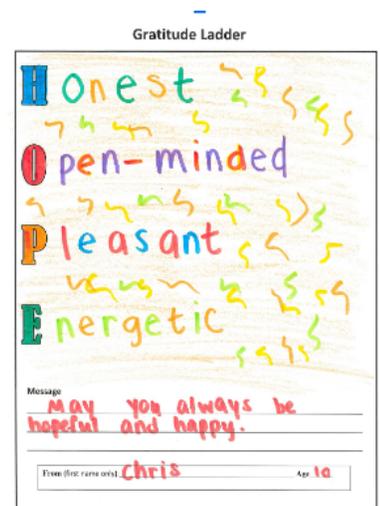
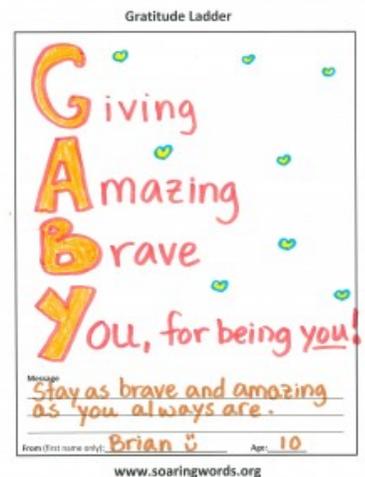
Notice what others do or say that make you feel good.

Notice things and people in your world for which you are grateful.

Write down 3 things every day for which you are grateful.

Share your gratitude with others all of the time, it will make everyone smile.

"Pay it Forward" – do something kind for someone else that will most likely be appreciated.



A-to-Z Sheet of Adjectives

Adjectives:

- A:** Awesome, Amazing, Accepting, Astonishing
- B:** Beautiful, Brave, Breathtaking, Bold, Bright
- C:** Clever, Caring, Creative, Cool, Considerate, Curious Dedicated,
- D:** Determined, Daring, Decisive, Down-to-earth
- E:** Energetic, Exceptional, Elegant, Exquisite
- F:** Friendly, Fair, Forgiving, Funny, Fascinating
- G:** Great, Gentle, Gorgeous, Gracious, Giving, Grateful
- H:** Happy, Honest, Hip, Harmonious, Hopeful, Humorous
- I:** Interesting, Intelligent, Impressive, Inventive, Imaginative
- J:** Jolly, Just, Joyous
- K:** Kind, Knowledgeable, Kindhearted
- L:** Likeable, Lovely, Loving, Lively, Loves learning, Leader
- M:** Magical, Mature, Marvelous, Merry
- N:** Nice
- O:** Open-minded, Outstanding, Original
- P:** Pleasant, Positive, Productive, Playful
- Q:** Quiet
- R:** Resilient, Respectful, Realistic, Reasonable
- S:** Silly, Spiritual, Social, Serious, Splendid
- T:** Talented, Team-player, Trustworthy, Tough, Tenacious
- U:** Unbelievable, Unique, Understanding
- V:** Versatile, Vivacious, Visionary
- W:** Wonderful, Witty, Wildly Creative, Well Mannered
- X:** (e)Xtroverted, e(X)traordinary
- Y:** Youthful
- Z:** Zesty

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Gratitude Ladder

My message for you:

Created By: _____