

# Altruism Worksheet

1. What does altruism mean to you? \*

2. What simple altruistic act do you plan to complete daily?

3. What 3-4 altruistic activities do you plan to complete in the next six months?

4. Do you have a larger philanthropic plan, if so, what is it?

5. If you answered yes to the above question, set some short term and long term goals to help you achieve those goals

