

## The 30-Day Generosity Challenge

*“Without love, you cannot survive. Without generosity, you cannot thrive.”*  
– *Hrishikesh Agnihotri*

Generosity requires action and courage. This challenge will inspire you to take action every day and be courageous!

Generosity comes from both the heart and the mind; it is fueled by thoughts and emotions. It generates desire and requires discretion and direction. Imagine creating a personal brand of passion, joy, and accomplishment through proactive generosity.

With the limitless forms of generosity available to us, our ability to be generous is extremely flexible and scalable.

Here is our very simple plan to activate the benefits of generosity:

- Do at least one act of generosity for someone every day.
- Do one act of self-generosity every day.
- Start by doing this for 30 days. Make it a habit. Make it part of who you are.
- Journal each act of generosity, both with others and yourself. (This does not need to be lengthy.)
- Journal how each makes you feel.
- Journal the changes in your life that result from your generous acts.
- And if you're willing, share your acts of generosity, successes, and feelings with us online at [www.generositywins.us](http://www.generositywins.us) or on Instagram at [@montewood](https://www.instagram.com/montewood) or [@nicole.f.roberts](https://www.instagram.com/nicole.f.roberts)!

Now that you understand the superpower of generosity, it's time to bring it to fruition. Give yourself the gift of true happiness by taking action, and by making personal and professional progress every day.

We are here to help, and to go on this journey with you!