






# Giving Back Challenge Worksheet

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 Tags	

## Purpose

Identify concrete ways to give back—not out of obligation, but to build community and strengthen networks.

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## Remember: This Is About Building Together, Not Charity

**Frame:** "This isn't about 'giving back' because you owe something. This is about *building together*—because strong communities create strong individuals, and strong individuals strengthen communities. You're not paying a debt. You're investing in a network that lifts everyone."

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## Part 1: Brainstorm (10 min)

List at least **three ways** to give back in the next 6 months.

### Ideas:

#### Peer support:

- ☐ Mentor a new participant (peer-to-peer, as an equal on a shared journey)
- ☐ Be a listening ear for someone going through something you've experienced
- ☐ Share your story at an event

**Teaching & creating:**

- ☐ Teach a skill (free workshop, YouTube video, blog post)
- ☐ Create a resource (guide, toolkit, playlist, directory)
- ☐ Start a study group or practice group

**Economic opportunity:**

- ☐ Hire or refer someone from the community
- ☐ Buy from a community member's business
- ☐ Introduce two builders who should know each other

**Time & resources:**

- ☐ Donate time or profits to a cause
- ☐ Start a giving circle or mutual aid fund
- ☐ Volunteer for an alumni role or event

**Advocacy & visibility:**

- ☐ Speak at an event or share your story publicly
  - ☐ Challenge stigma or labels you witness
  - ☐ Participate in a storytelling project that shifts narratives
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## My Three Commitments

1.

**What:** \_

**When:** \_

**Who I can partner with:** \_

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2.

**What:** \_

**When:** \_

Who I can partner with: \_

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3.

What: \_

When: \_

Who I can partner with: \_

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## Part 2: Group Planning (8 min)

### Form Teams or Sign Up

- Can you team up with others around a shared project?
- What can you build *together* that none of you could build alone?

**My team/partners:**

**Our project:**

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## Next Steps

**One action I'll take this week:**

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## Remember

**"Small moves, right now" beats "big plans, someday."**

Giving back strengthens the giver as much as the receiver—this is interdependence, not hierarchy.

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## Research Foundation

Peer facilitation accelerates individual, community, and societal change. When communities organize peer-to-peer support, they create sustainable change that breaks down barriers between "helpers" and "helped."