



💪 Giving Back Challenge Worksheet

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Purpose

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

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."

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: _

2.

What: _

When: _

Who I can partner with: _

3.

What: _

When: _

Who I can partner with: _

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:

Next Steps

One action I'll take this week:

Remember

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

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

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."