Introduction (5 mins): Start this month’s Get-Together on GIVING by asking everyone to share their name and one action they’ve taken recently to bring happiness to themselves or others.

TUNE IN to our experience with mindfulness and gratitude

Mindfulness Exercise (5 mins): Send kind thoughts to someone you care about
Take a moment to think of someone who you have caring feelings for and wish for them to be happy and well. It could be someone you are close to who is going through a tough time, or someone who has been there for you when you needed them.

Gratitude Exercise (10 mins): Share one kind thing you have witnessed
Turn to someone next to you and share about one thing in your life or your way of being that has changed positively. Perhaps a judgment you no longer hold or a way you are being kinder to yourself or others. This isn’t about boasting, it’s about reinforcing the good with appreciation.

CONNECT with others to help us deepen our understanding

Group Discussion (30 mins): Bringing happiness to others as well as ourselves
Ask a volunteer to read out the text below and suggested questions for discussion in small groups. Remember, this is an opportunity to listen and learn from people’s real life experiences, so allow each other space and try to share real feelings rather than getting caught up in thoughts or ideas.

“Do unto others as you would want them to do unto you”.

While the science of altruism may be new, the wisdom represented by this phrase is ancient. Known as the Golden Rule, it is found in many philosophical and religious traditions. Most of us like to think that others will be there to give us a helping hand when we need it. This could be help from friends, family members or even complete strangers. The Golden Rule prompts us to think about how we help others around us too. In doing so we can contribute to creating the sorts of communities, workplaces, cities and societies that we all want to be part of.

Find out more in 10 Keys to Happier Living (Chapter 1): www.actionforhappiness.org/book

Questions for discussion:

- How does being kind to others affect our happiness?
- What would life be like if we all cared as much for others as for ourselves?

Want to know more about how to host a Get-Together and why we invite people to Tune In, Connect and Take Action? Visit: www.actionforhappiness.org/get-together

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**Action for Happiness Get-Together**

**ALTRUISTIC AUGUST**

**TAKE ACTION in practical ways to apply what we learn in our lives**

**Action Setting (10 mins): Do something kind**

Think of one small practical thing you can do to carry a bit of what you’ve explored today into your life. You might like to try one of the suggested actions below. By going around the group and each sharing our action we make ourselves more likely to complete it and inspire each other also!

1) **Have a kindness day**: pick a day and try to find 5 ways to do kind things for people who you interact with (bonus points if you can do it anonymously).

2) **Volunteer for an organisation or cause** to help people in need (and if you can encourage some friends to do it with you, even better).

**RESOURCES**

- **Altruistic August Calendar**: simple daily actions you can take
  [www.actionforhappiness.org/altruistic-august](http://www.actionforhappiness.org/altruistic-august)

- **Video: Designing for Generosity**: Nipun Mehta’s classic TED talk on the power of generosity and how we can design for it.
  [https://www.youtube.com/watch?v=Kpyc84kamhw](https://www.youtube.com/watch?v=Kpyc84kamhw)

- **Book: Altruism: The Power of Compassion to Change Yourself and the World**: Matthieu Ricard explores the importance & benefits of altruism.

**RESEARCH**

- Helping others increases life satisfaction, sense of meaning, improves our mood and reduces stress.

- Giving creates a virtuous cycle: the more we give the happier we are, the happier we are the more we give.

"We make a living by what we get, but we make a life by what we give"

~ Winston Churchill

**ACTION FOR HAPPINESS**

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