

Live to Give. Reap Endless Rewards.

Spread Positivity

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Quick Bit

Thank you for taking the time to read this book.

My hope is that you leave at least 1% better than before you read this book and walk away with at least one takeaway.

I'd like to graciously ask that you help me by sharing this book with someone and/or reaching out to me about the book; your feedback helps me serve you better.

*With Kindness,
Destiny*

Introduction

If you're lucky, you'll learn sooner rather than later that giving and being generous with others is much more fulfilling than receiving from others.

When you have a generous spirit, the universe finds a way to give back what you gave and more.

But never give with the expectation of receiving; give because you want to leave someone better off than before they interacted with you.

Spreading positivity is about giving and conducting your life with light.

Be a light.

20 Ways To Give To Others

1

Buy someone groceries and have them delivered to their house.

2

The next time you're at the grocery store,
pay for someone's groceries (or two
people's).

3

Put someone's trash can and recycle bin
back for them.

4

Offer to walk your neighbor's dog for them.

5

Send a letter of gratitude with the reasoning
to 5-10 people.

6

Forgive someone for hurting you and send
loving vibes their way.

7

Make dinner for a family member.

Treat someone you know is stressed out for a meal and a day at the spa.

9

Tell five older women how beautiful they are.

10

Eat lunch with someone eating alone.

11

Volunteer at a local prison and give hugs to them to humanize them.

12

Pick up the trash in your neighborhood.

Drive around your city and give homeless people food, utensils, and sanitary wipes.

14

Tell two people how much they mean to you.

1. Give someone an early birthday gift a year or six months in advance.
2. Give someone a random thoughtful gift just because.

16

Send flowers to two old friends you've lost
touch with.

Send a personalized word of encouragement to ten different people.

Help the next person who asks for it, even if
you can only help a little.

Release any negative emotions you've been holding onto and displace the negative energy with positive and light-hearted energy.

Watch a comedy with someone you know who is experiencing depression and sadness.

Thank You For Reading

Thank you for reading this book.

Stay loved, blessed, lucky, favored, aware,
joyous, enlightened, and committed to
bettering yourself.