

**Worksheet 4.19 Giving the Gift of Time (Rashid, 2008) Instructions**

One way to enhance your sense of meaning and purpose in life is to use your signature strengths in order to serve others (Rashid, 2008). Although giving your time to help others may not seem enjoyable on the surface, most people find a deep sense of gratification and purpose *after* they have given this precious gift to another. This worksheet has been designed to help you think of ways in which your top five strengths from the VIA Strengths Inventory (Peterson and Seligman, 2004) can be utilized to help others.

My top Five VIA strengths:

- 1.
- 2.
- 3.
- 4.
- 5.

**Formal volunteer experiences** (for example, helping to build homes for low-income families in need with your local chapter of Habitat for Humanity, helping to prepare meals for homeless residents at a local soup kitchen or homeless shelter, participating in outreach services through a religious organization, serving as a big brother or big sister at your local big brothers/big sisters organization, leading a girls or boys scout troop, etc....) that would capitalize upon one or more of my strengths are:

**Informal acts of kindness** (for example, helping teach your next door neighbor's child how to play a new sport, playing music for residents in senior living facilities, or offering to watch your neighbor's pet and mow her grass while on vacation) that would capitalize on my strengths are:

How will you give the gift of time to another between now and your next therapy session?

Please respond to the following questions *after* you have given the gift of time:

1. How did it feel to give the gift of time to another?
2. Did you actually use your strengths in the process of giving your gift of time?
3. How did the person (or people) you gave your gift of time to respond to your actions?
4. Did you experience a sense of meaning or connection to something larger than yourself through this activity? Please briefly explain your response to this question below.