



**PALLEN'S**  
MARTIAL ARTS™

**POWERFUL**

**OCTOBER 2020**

**PROJECT**

# CHARITY

Teens and Adults

FIRST & LAST NAME: \_\_\_\_\_ PARENT/GUARDIAN: \_\_\_\_\_

TIP GOAL: \_\_\_\_\_

The Powerful Word of the month is charity. As you know, charity is volunteering to give treasure, talents or time to those in need. Research continually shows that there are many benefits to charitable giving--not just for those who receive, but for those who give as well. Albert Schweitzer once said, "One thing I know: the only ones among you who will be really happy are those who will have sought and found how to serve." According to brain scans, the mere thought of helping others and actual face-to-face helping makes people happier because they activate the part of the brain associated with happiness and production of dopamine, a neurotransmitter that helps control the brain's reward and pleasure centers. Researchers call this the "Helpers High" or the "Givers Glow." What have you experienced by donating your time, talents or treasures? What is your plan for giving of yourself in the next few months/year?

### The "giving" population reports:

- An improved sense of well-being (89 percent).
- Lower stress levels (73 percent).
- Better physical health (68 percent).
- Enhanced emotional health (77 percent).
- Enriched sense of purpose in life (92 percent).
- Increased Happiness (96 percent).

Denver Post



What have you experienced while giving of your time, talents or treasures to charity? Have you ever experienced the "Helpers High" or the "Givers Glow" while giving to others in need?

---



---



---

Time, Treasures or Talent? Think through 3 options for your own charitable giving.

<b>OPTION 01</b>	<b>OPTION 02</b>	<b>OPTION 03</b>

Which charitable option do you think you'd like to do right away?

---