

Generosity and Happiness



Generosity is a path to Happiness.



But here is no one-size fits all for generosity practices.

Explore generosity practices to find the one that fits your personality type.



Eight Personality Types



Extroverts



Introverts



Intuitives



Realists



Logical



Pleasers



Guardians



Improvisors



Each of us has traits of these personality types, some more strongly than others.

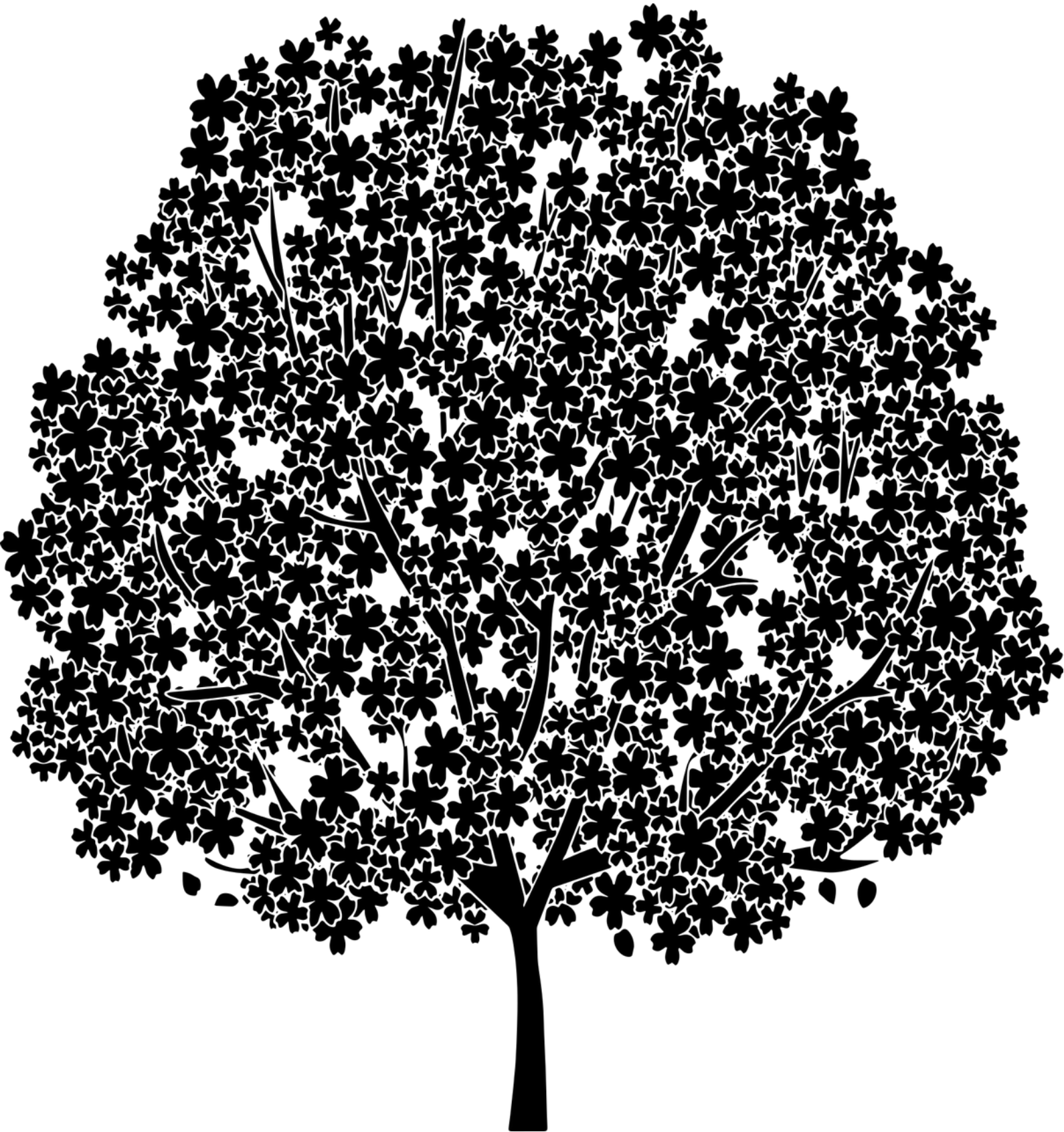
Throughout life you change, and your personality traits can also change. You may become more introverted or extroverted, more of an improviser or a guardian. Your personality traits can also change when your life circumstances change.



Depending on your state of life and what is happening in your life, different ways of practicing generosity can be more helpful than at others.

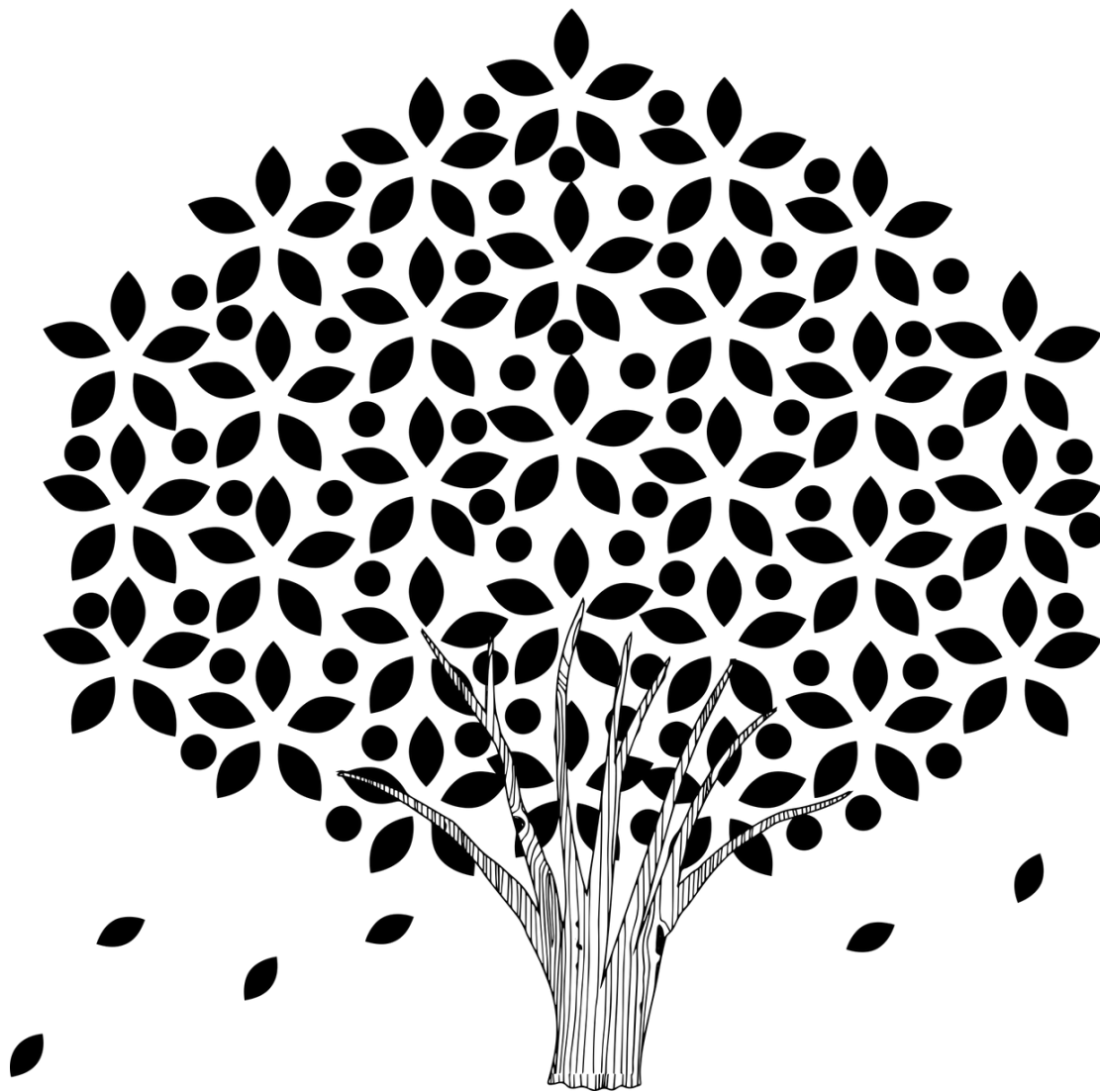
EXTROVERTS

Extroverts are talkative and outgoing. They may think out loud. They get energized by being around people.



Volunteer.

Studies show one of the best ways to increase your happiness by giving is to give your time to a worthy cause that you believe in.



Give your time to a cause, organization or effort that you believe in, that makes you feel like you are part of something greater than yourself and in a way that makes you feel like you are having an impact.



You can volunteer in all kinds of ways, from helping a neighbor, picking up trash once a week at a local park or on the streets on your own, becoming an official volunteer at an organization, and many other ways.



INTROVERTS

Introverts are reserved and generally do not seek the lime-light. They recharge from quiet time.

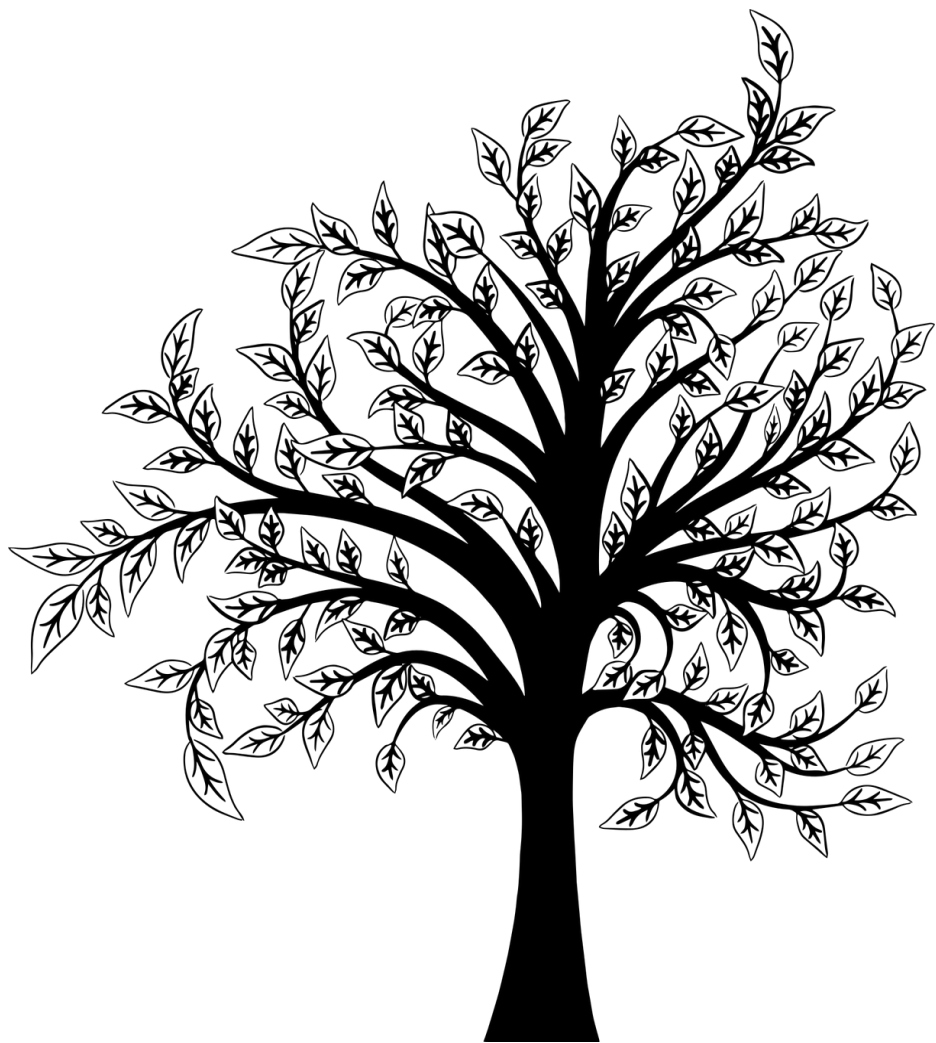


Commit random acts of kindness - often.

There are all kinds of ways to give a random act of kindness.

Let your imagination go on this one!

Don't forget to include random acts of kindness for yourself!



A few random acts of kindness to inspire you:

Buy a coffee for the person behind you in line.

Send flowers to a friend.

Text someone to tell them how wonderful they are.

Pick up trash left on the street.

Compliment someone on their nice tie, hair style, pretty shirt (keep it genuine).



Bake cookies for work or friendly gathering.

Encourage someone who is struggling with a card, a call, a gift or a hug.

Let someone in line go in front of you.

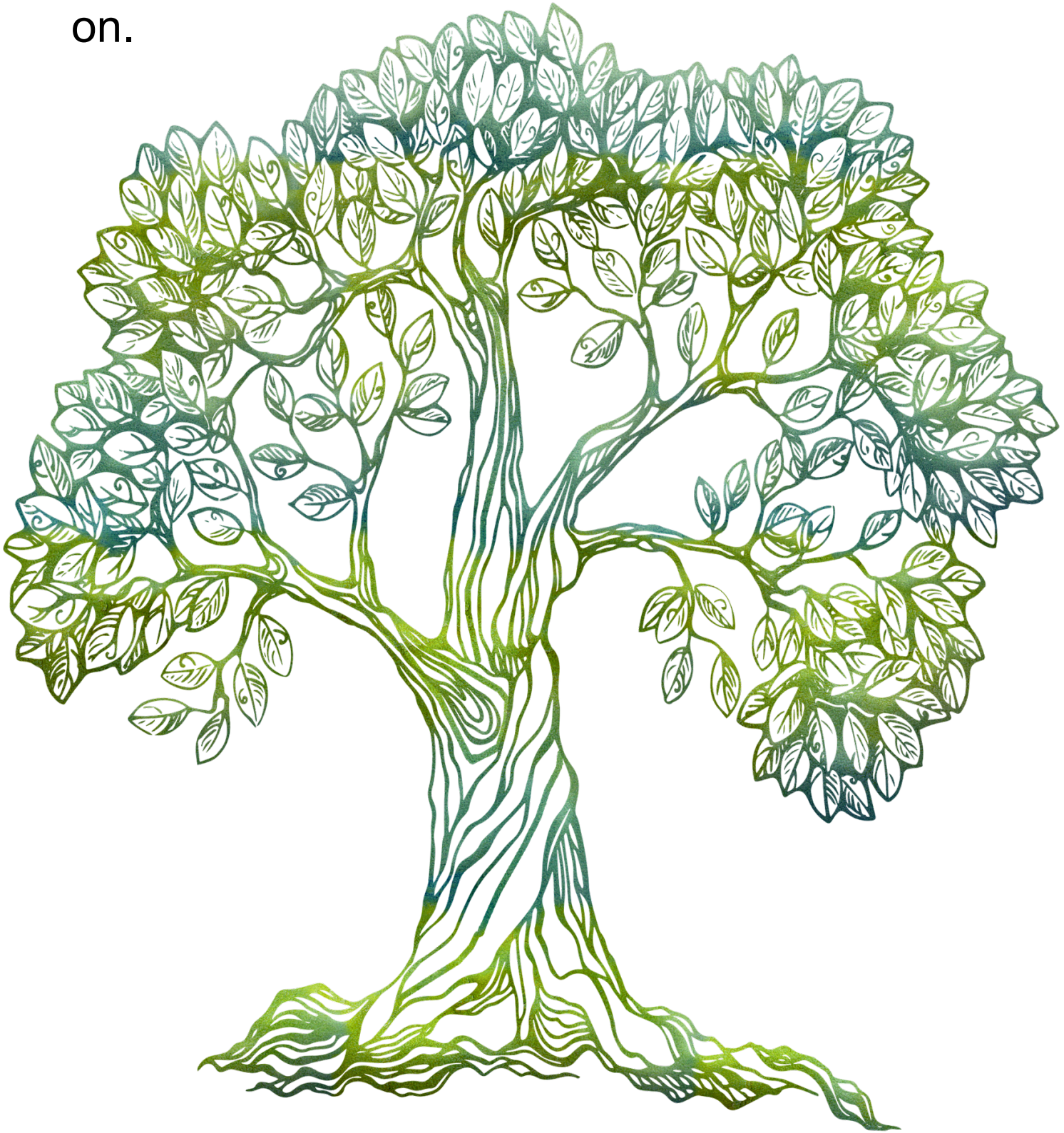
Make a positive comment on a blog post.

Rake the leaves or shovel snow for your neighbor.



INTUITIVES

Intuitives are big-picture and idea people. They think conceptually. They may seem dreamy but their perceptions are often spot on.



Listen.

Really Listen.

Listen for the sake of learning & understanding.



Take the time to focus on the person you are listening to.

Ask questions to make sure you understand.

Try to keep all your questions in the form of clarifications such as “I heard you say (what you heard) did I hear correctly?”



Seek to understand as if what they were saying were the most important thing in the world.

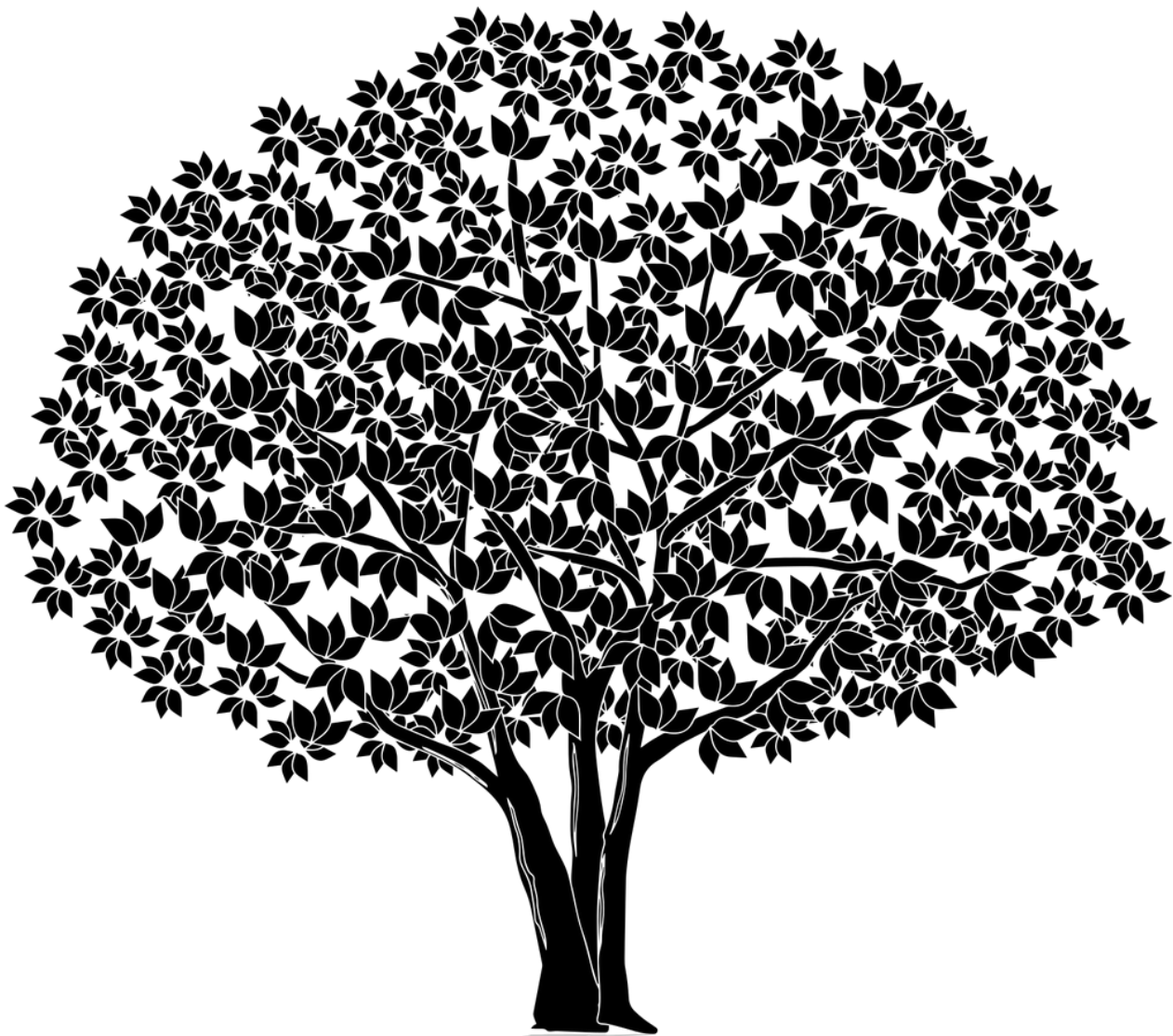
Don't offer advice or observations unless they ask you to.

Thank the person for taking the time to talk.



REALISTS

Realists tend to be focused on specific and literal things. They pay attention to detail. They are often focused on reality.



Give Food.

Feeding someone is one of the oldest ways to give.

Breaking bread with someone also strengthens relationship.

Give this way when you do not have anything you need, an important topic to discuss or something to get off your chest.



Make a meal or some cookies for a friend or neighbor.

Have a meal delivered for someone who is going through a tough time.

Bring takeout or take someone to dinner.

Send a surprise gift of soup, nuts or snacks to someone you love.

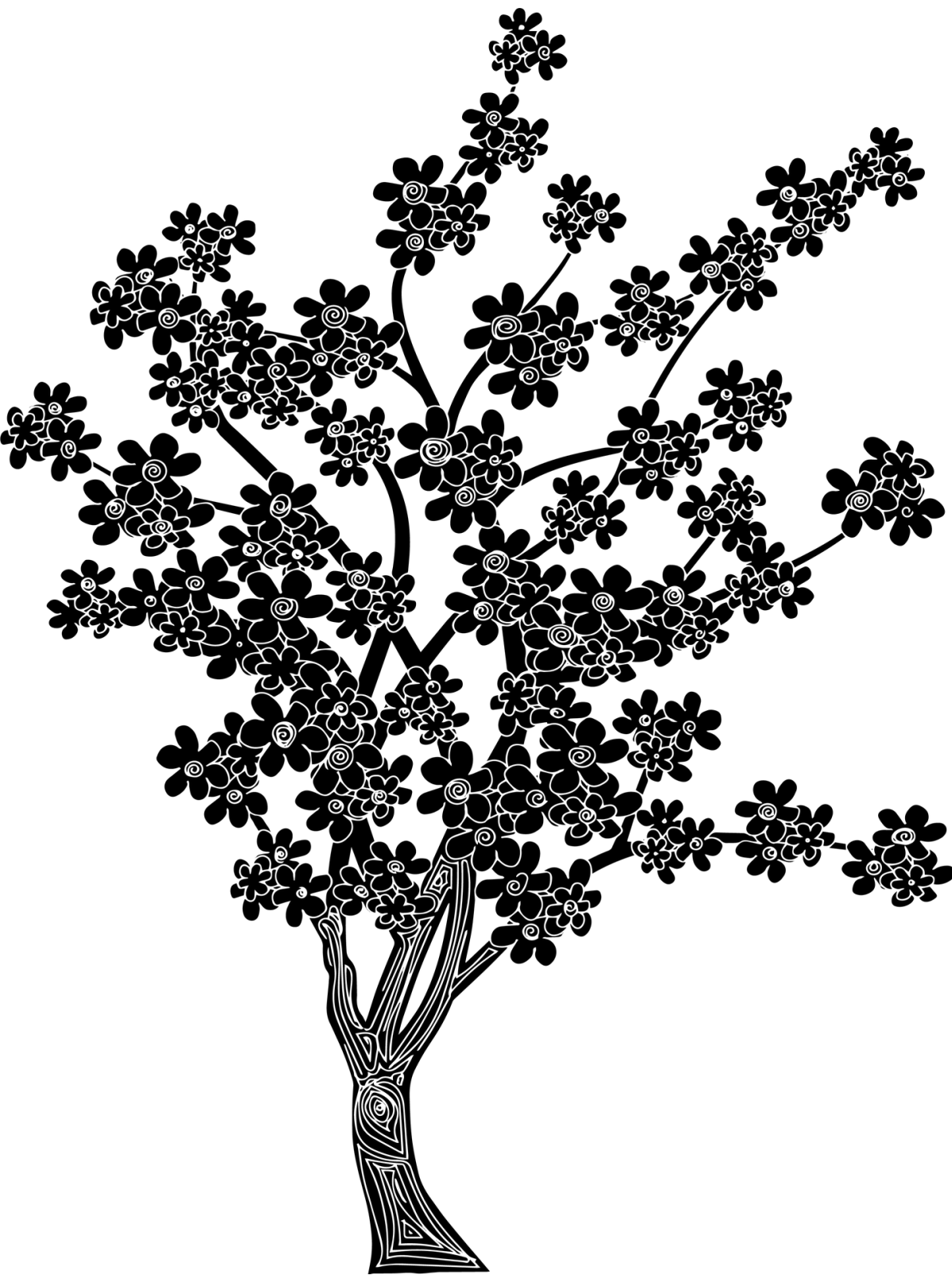


Let the meal be the gift and your recipient
guide the conversation.



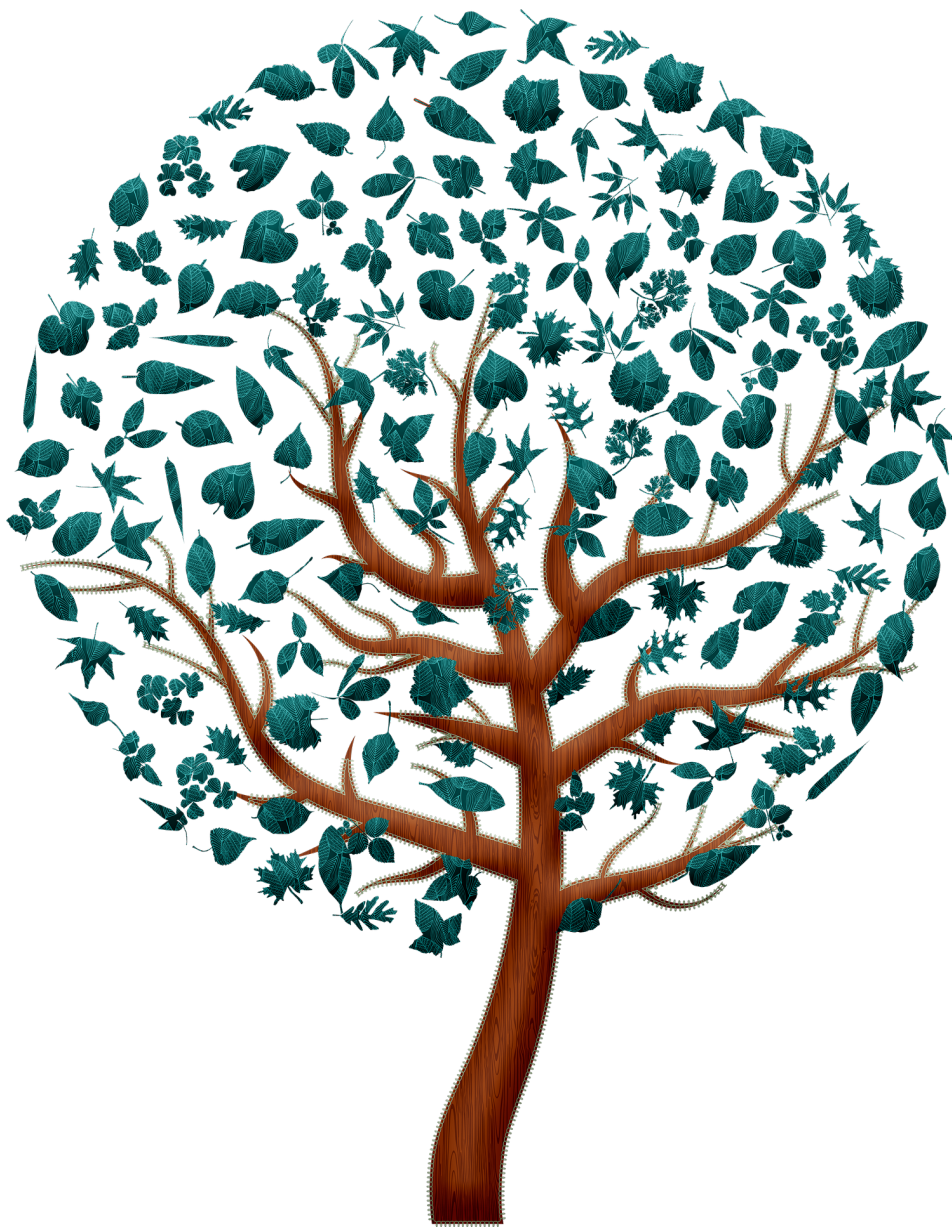
LOGICAL

Logical minded people uses logical reasoning.
They are level headed and hold fairness &
justice highly.



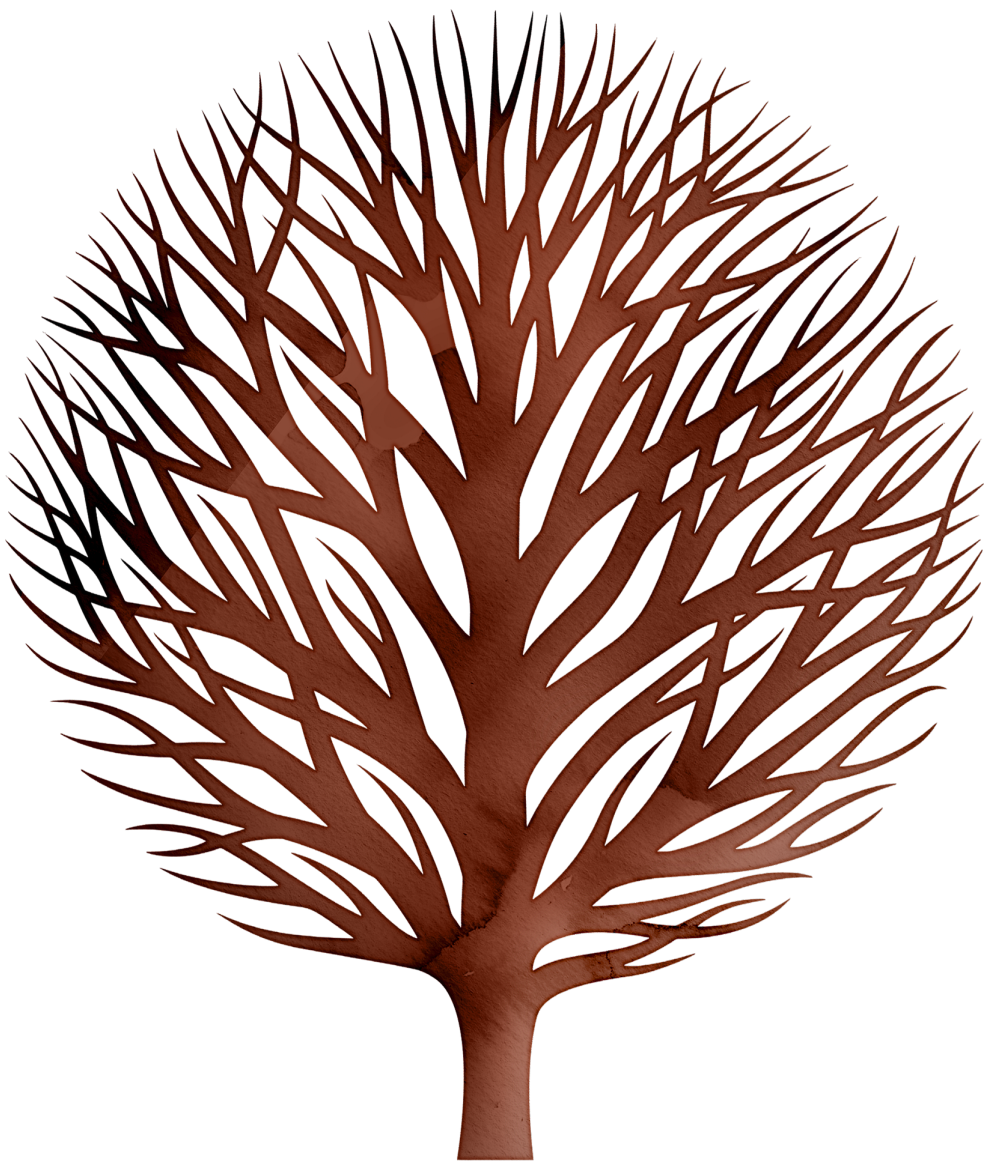
Donate money to a charity, non-profit or for cause organization.

Studies show giving money has long term positive impact on your feeling of happiness.

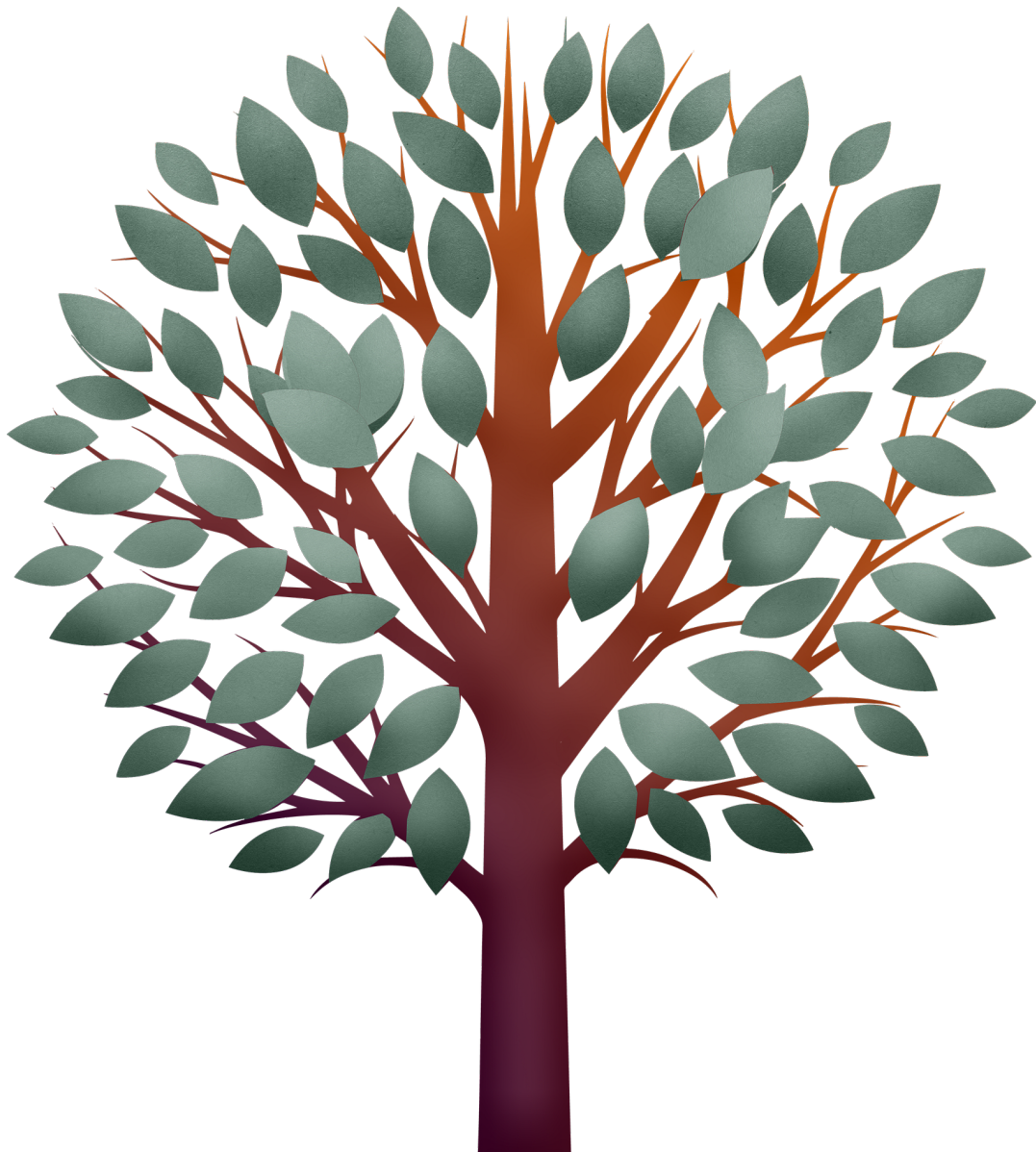


Sign up for automated monthly donations to the cause you believe in, or donate one time.

Even a few dollars can make a difference for the recipient and for you!



If you are low on money, you can give an act of service or an item for a silent auction for a non-profit that holds auctions to raise funds.



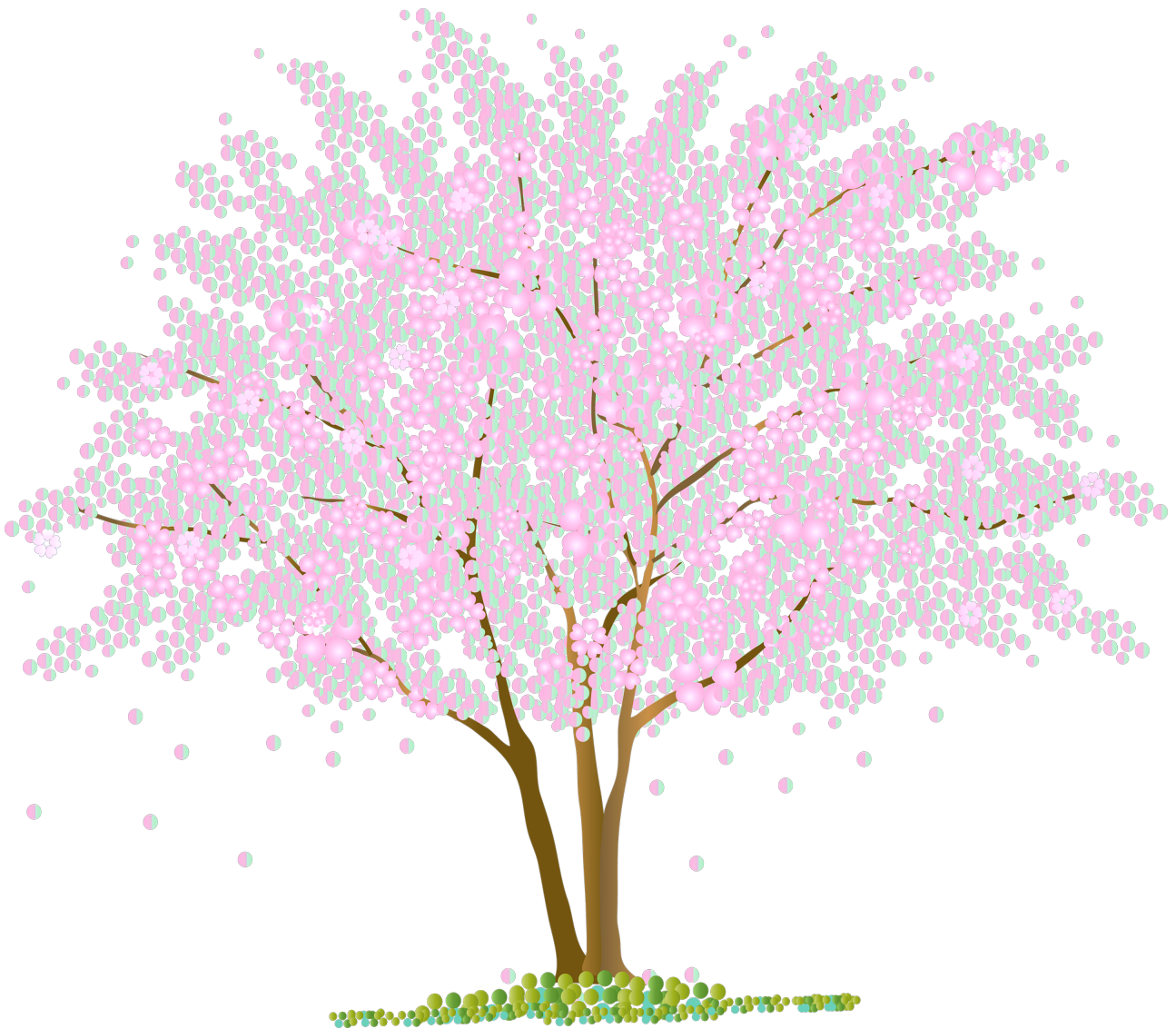
PLEASERS

Pleasers are warm, empathetic and forgiving/
They seek harmony. They see the best in
people.



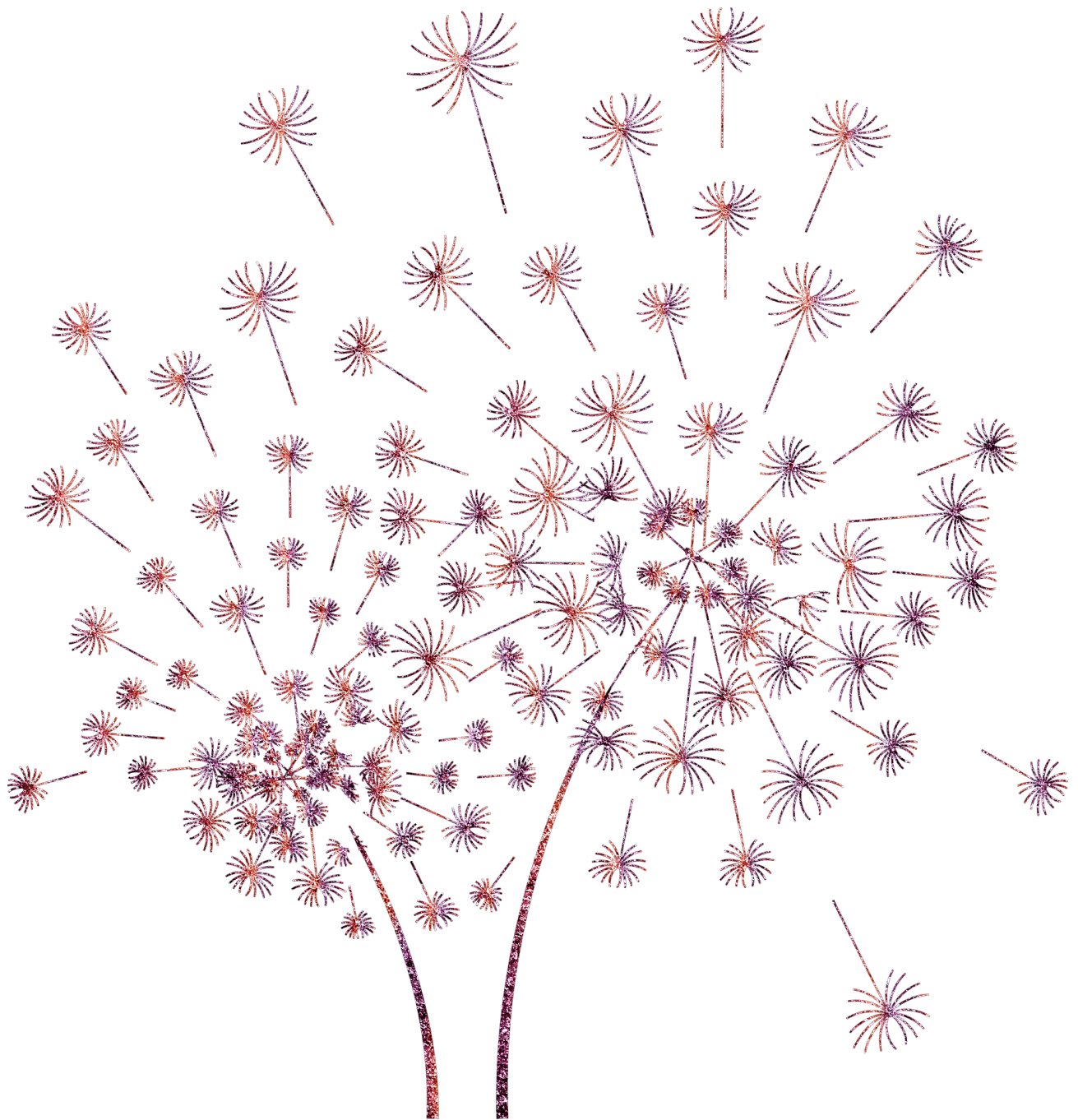
Give to yourself!

If you spend a lot of time giving to others, it is probably time to give to you,



Say nice things to yourself. If you have a hard time doing this, write down nice things about you and post them on the bathroom mirror, kitchen window, bedside table, etc.

Refresh your sweet messages to yourself once a week with new nice things about you.



Give yourself a “wellness” day and spend the time doing something that feels really good, whether sleeping, hiking or watching your episodes of your favorite show back to back.

Schedule a massage or the long overdue doctor or dentist appointment.

Treat yourself to some delicious and healthy treats, like a fruit and veggie smoothie.

Buy yourself some vitamins (and take them!).

Write yourself a note or draw a heart on piece of paper and tuck in in your wallet to remind you how wonderful you are.



GUARDIANS

Guardians are rule followers. They do not like ambiguity or surprises.



Give an act of service.

Give an act of service that will be meaningful to your recipient.



Help your neighbor clean the gutters, fix the fence or do a task that is more easily done with two.

Clean the bathroom if that is not usually your task at home.

Darn your friend's favorite socks, hem their pants or mend their shirt.



Clean your dear one's car.

Treat your loved one like royalty when they get home from work one day.

Fill the gas tank for someone in your life.

Bake someone an "un-birthday" cake and present it with candles and song.

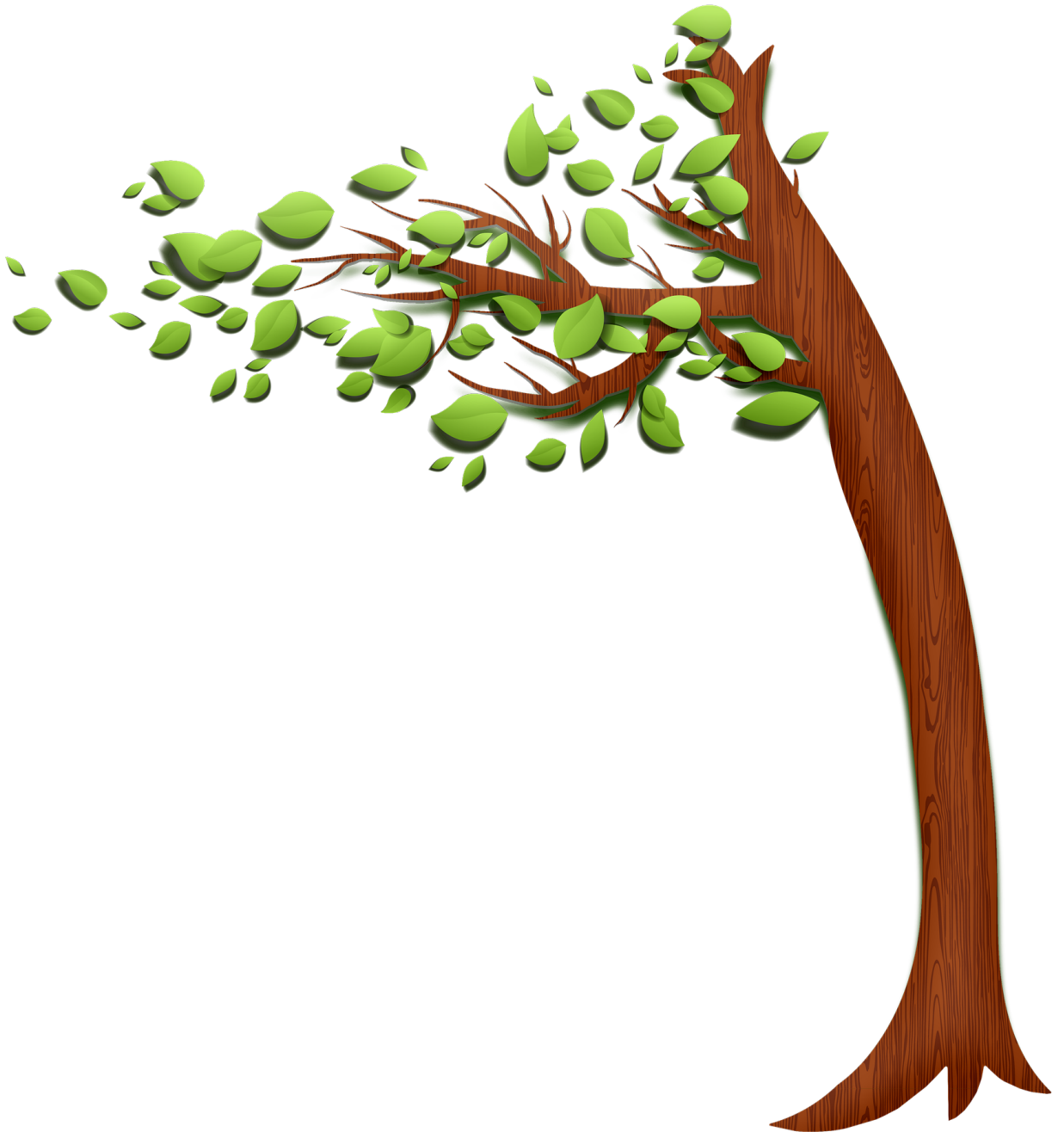


IMPROVISORS

Improvisers are open minded and spontaneous. They like surprises and new situations.



Give an experience.



Research indicates that giving an experience (like tickets to a show or a coupon for a meal at a restaurant) brings longer lasting feelings of happiness than giving a material item (like clothing, a game, etc.).



For the holidays, give your loved ones tickets to a show you know they will enjoy, passes to a movie theater you know they go to, a gift card to their favorite restaurant, a prepaid massage or hair cut from their favorite spa or hair dresser.

The trick is to give them the experience they will enjoy and want - remember that up to 40% of gift cards go unused because they are lost, forgotten or not entirely spent.





Generosity and Happiness is a tool from Happiness Alliance's How to Be Happy © 2015
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