

# Giving Plan Donation Tool, Activity & Reflection

## *Donation Investigation*

Investigate local organizations associated with your top three compassion groups. If you have access to a computer, enter a keyword search (locally) one group at a time. Do the same if using a phone book, or contact your local places of worship for ways to donate your stuff. Contact these organizations to inquire about what they accept, condition requirements, location, and drop-off and pickup hours. Compassion stimulates brain circuits, expect to be flooded with pleasure and good feelings.

The donation Tool below is a place to take notes on each organization you contact. Use this list or create one of your own. Because life will get interrupted, take notes and pick up right where you left off. Keep the list in one location. Tape it to the back of a door. Use that clipboard you have stashed away.

Giving Plan - Donation Tool for Organizations			
Local Organizations	Acceptable Items	Drop-Off or Pickup Information	Contact

# Giving Plan Donation Tool, Activity & Reflection

## *Your Giving Plan Donation List Activity*

**WHAT:** Create your Giving Plan Donation Organizations list.

**WHY:** To determine which local organizations will take your specific excess.

**HOW:** Research and contact local organizations.

**TOOLS:** Notebook. Writing utensil. Computer or tablet. Excel spreadsheet. Phone. Re-create donation list.

**TASK:** Room by room. Item by item. Fill in donation list with your items and exit plan ideas.

**TIME:** As long as it takes to tackle all excess.

## *Reflection Activity*

**WHAT:** What charity most matches your values? In the space below, answer the reflection question.

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Practice letting go of some items with a reputable organization. Experience their pickup or drop-off process. Giving gets easier the more you practice. Remember, even if letting go is hard, the results are positive. Your clutter is gone, space is opening up, and you are gaining strength, grit, and confidence to do more and live more!