



GET STARTED ON GIVING

(A ROADMAP)



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INTRODUCTION



You wait anxiously for a response. Your boss clears his throat as you watch his eyebrows speak on the screen. You've mastered these video calls being the only way to get work going with colleagues during this lockdown. But you're still far from figuring out your boss.

Then he gives you two thumbs up for a job well done. With a smile from ear to ear, you decide to celebrate with a drink. Alone, yes, but still a celebration nonetheless. The memory of the last few weeks' toil working hard from home is now a thing of the past. "It's just going to get better from here," you tell yourself. You feel energized once again. You've been giving your all to this job.

INTRODUCTION

Then news about the rising COVID-19 cases all over the world floods your feed. Deaths in developing countries are rising because of the lack of sufficient medical equipment.

You hear of low-income earners suffering even more severely from this economic distress. You wonder how the rest of the vulnerable groups of people are doing during this global pandemic. You've heard about them—the trafficked children, the abused women, your homeless neighbors. You suspect they are in an even worse situation than they already were before this crisis.

The ache inside of you to do something to help those affected by the natural disaster kept increasing as you type up your final work email today. The list of deliverables unravel in your mind, but the thought of the plight of disadvantaged people bothers you.

INTRODUCTION



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I want to help. But I have so much in my hands right now.

And this nudging feeling sounds so familiar. You've buried many of these desires to go out there and give back, to extend a helping hand to the community outside of your work, family and social circles. There is just so much at stake —your bosses' confidence, potential promotion, your savings, your time for yourself.

I. ARE YOU READY?

Do any of these resonate with you?

- You've experienced feeling "stuck" after hearing news about communities needing help because of a natural disaster, epidemic, sickness, disabilities, or poverty. You want to help, but you either don't know how to, feel you don't have enough to give, or aren't sure if your help will really matter;
- You've been wanting to start giving back regularly, but you don't know where and how to start;
- You desire to impact the world positively and to put that dream into action;
- You felt overwhelmed, disappointed, or frustrated before when you tried giving back, so you've stopped. You ask if there is a better way of doing it; or
- You want to support a high-impact nonprofit group and are wondering how to go about looking for one.

I. ARE YOU READY?



If you've answered "yes" to any one of these, then you are totally ready to give back in a life-transforming way. You don't need to have millions of dollars to be able to give. You don't even need to give money to be able to change someone's life. You have the generosity gene in you. We all do. We were created to be givers. It's been proven by science and it's been written in biblical accounts. Choose which of these truths works for you. The point is, you can start giving back in a life-transforming way.

If you've answered "no" to all of these, then you are probably already giving back in a life-transforming way. Kudos to you for choosing this path and making it part of your lifestyle. You don't need to read on. And I'd love to hear about your experience!

I. ARE YOU READY?

If that isn't the case, that's totally okay. Would you like to know more about how you can give back in a life-transforming way? Wherever you are in life right now, you are in fact ready for it. Like I've said, it's inherent in you.

And you know what, I was once there. As a manager of over a dozen people in an IT distribution company, commanding million dollars worth of contracts, I didn't see it ever possible to give back my time. I was already giving all of my time to my work. If there were any few windows of break that came sporadically, I spent them to resuscitate my social life.

Who really has time to give back?

Then I had one opportunity—that one day when I was introduced to volunteering.

Life changed from there.

I was in my mid 20s. I had just gotten a promotion as a product manager. I was on top of my game. Then the reality of long nights at the office set in. It was going to be a drawn-out fight to keep up my focus, energy and the feeling of having a purpose for what I'm working hard for.



I decided I'll need to find meaning in all this.

So when I was invited to check out a volunteer group that organizes events for children in low-income communities, I decided to go. I didn't have any idea what role that day would play in my life, but I knew it could be something that can give me a break from the monotony of the action-packed life at work.

From "just checking it out" to leading the organization as its president for a couple of years, the trajectory of life has moved from questions to purpose.

II. IT'S A CALL WE NEED TO ANSWER.



You know that nudging feeling. It comes every time you would hear about a natural disaster, or read stories about poor people's lives threatened by the lack of resources, or see children begging on the streets. It's a call that needs to be answered.

As humans, there is always something in us that says we should give back. Science, over the years, has provided compelling data to support the notion that giving one's time, talent, and treasures is a powerful way of finding purpose, transcending difficulties, and finding fulfillment and meaning in life. There is a staggering amount of scientific data that show that generosity is hardwired into our brains. [This](#) is one of the many.

II. IT'S A CALL WE NEED TO ANSWER.

This fact also aligns with what is shared in the Bible. If you're not a Christian, then stick with the scientific data as your affirmation of your generous making. If you believe in the teachings of the Bible, you'll know that we have been entrusted by God with everything that we have because He loves us so much, and as a result, has enabled us to give to others. Since we are made in the image and likeness of God and He is ever generous, we have a generosity gene encoded in our nature, just like Him.

Jesus' life and ministry on earth showed us exactly how to be generous like the father God.

When you eventually realize that God is the source of everything, an unlimited giver, and that he is your father, you will align with your giving nature. There is something in you that wants to give. That is the seed of God in you. It is the God-kind of seed that always seeks to lift others' spirits, deny itself and serve others, put others' interest before its own, cannot stand not helping out the poor and needy, and one that generally seeks to contribute to others' well-being.

II. IT'S A CALL WE NEED TO ANSWER.



We need to answer that call to give. What's the result of not doing so? We go against our design. Imagine a device that is not being used for its intended purpose. And we are not mere devices. We are complex beings that need to live with meaning. We don't realize our capacities and our greatness, so to speak, when we don't let ourselves function the way we were meant to do so.

III. YOUR LIFE WILL JUST GET BUSIER AND BUSIER.



If you're in your 20s or 30s and you're thinking that your period of busyness will end soon, let me break to you the hard truth. It's not going to be less busy in the coming years. You may soon get married, if you aren't yet, and maybe have children. If you don't choose that path, plenty of other growing commitments including work, social life, and soon, your ageing parents will hoard your time. Life will continue to throw responsibilities on you, but the nudging feeling to give back will never go away.

Doesn't it make sense then to respond to it now?

III. YOUR LIFE WILL JUST GET BUSIER AND BUSIER.

But how? It is POSSIBLE to give back regardless of your life stage right now—even as a busy young professional. I'd like to let you into over a decade-long learning on how you can find purpose in serving the community.



Before you can embark on any new project, activity or endeavor, you have to make time for it. With all the responsibilities you have right now, I know you feel overwhelmed. You feel that it's impossible to make time at the moment for anything else—including your dream of giving back.

III. YOUR LIFE WILL JUST GET BUSIER AND BUSIER.

Let me tell you, you can make time for it. My friends Katherine, Irene, Pearl, Harvard, Ray, Jen and so many others have highly demanding jobs in corporate or in business but they were able to make time.

And giving back is now part of their lifestyle. And they find so much joy in it. I'd like to share with you those stories at some point. And I would love to share with you practical ways on how to make time.

For now, let me take you to the roadmap to give you an idea of the journey you are going to take.

IV. YOUR ROADMAP TO LIFE-TRANSFORMING GENEROSITY



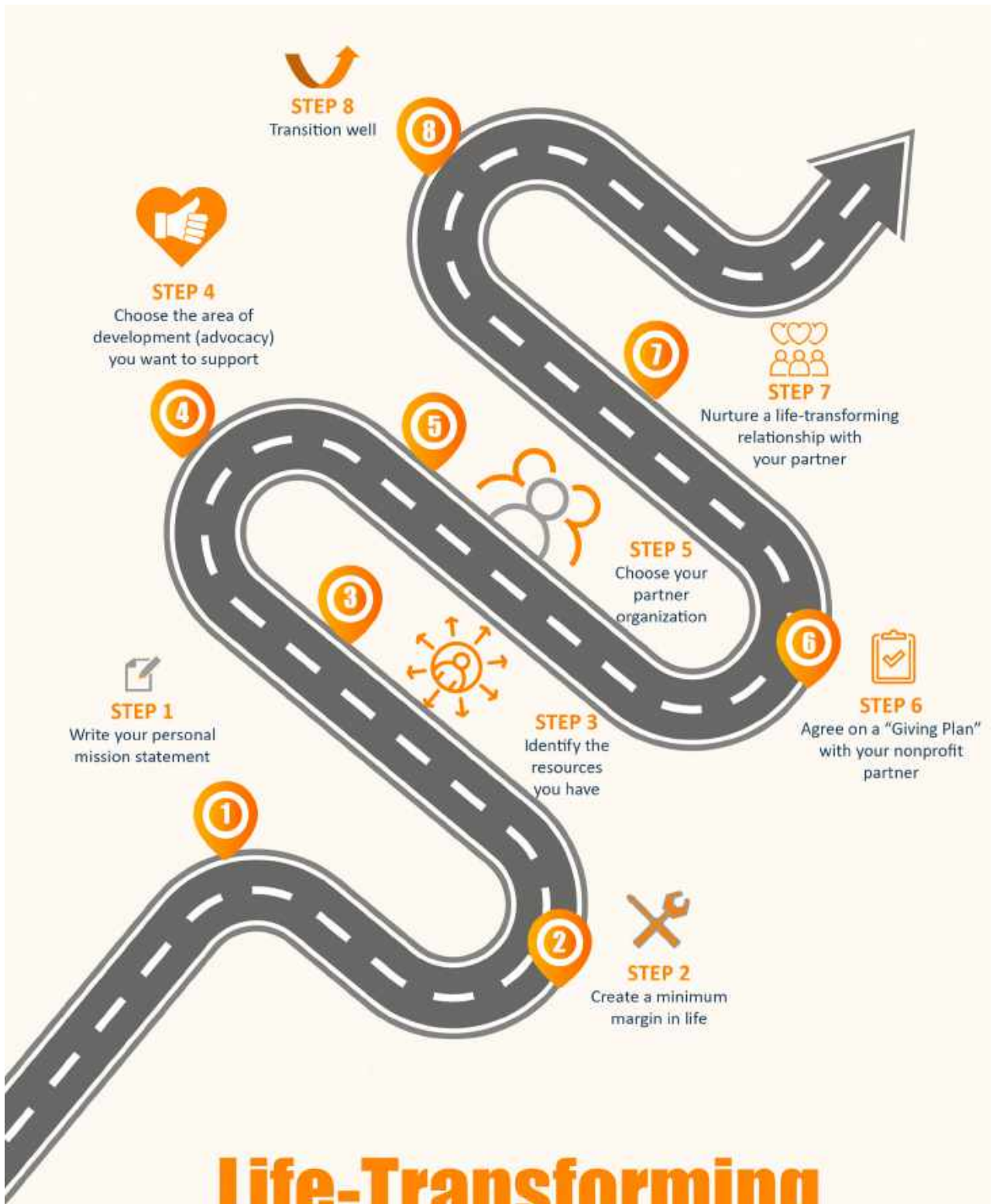
Just like how you'll need a roadmap to a perfect travel experience, you'll also need one if you want to give back effectively. Merriam Webster defines a roadmap as “a detailed plan or explanation to guide progress towards a goal.” Dictionary.com defines it as “a plan or strategy intended to achieve a particular goal.” In both definitions, the word “goal” is paramount and recurring, and is also present in the other definitions of it on Google.

And I've designed that roadmap for you.

IV.YOUR ROADMAP TO LIFE-TRANSFORMING GENEROSITY

From my over-a-decade-long journey of practicing giving as part of my lifestyle, partnering with nonprofit/charitable groups and building relationships with them, and inviting others to join me in these efforts, I drew up a a reliable and easy-to-follow roadmap on how to start a lifestyle of generosity that fulfills your purpose, maximizes your influence, and transforms lives.

At first I wanted to share this only through my book that's available on Amazon. It's [this](#). But I'd like for more people to start practicing it. So I present it to you here.



Life-Transforming Generosity Roadmap

V. YOU'RE OFF TO A GOOD START.



There you go. You now have a roadmap in your hands that can get you started with your life-transforming giving back journey.

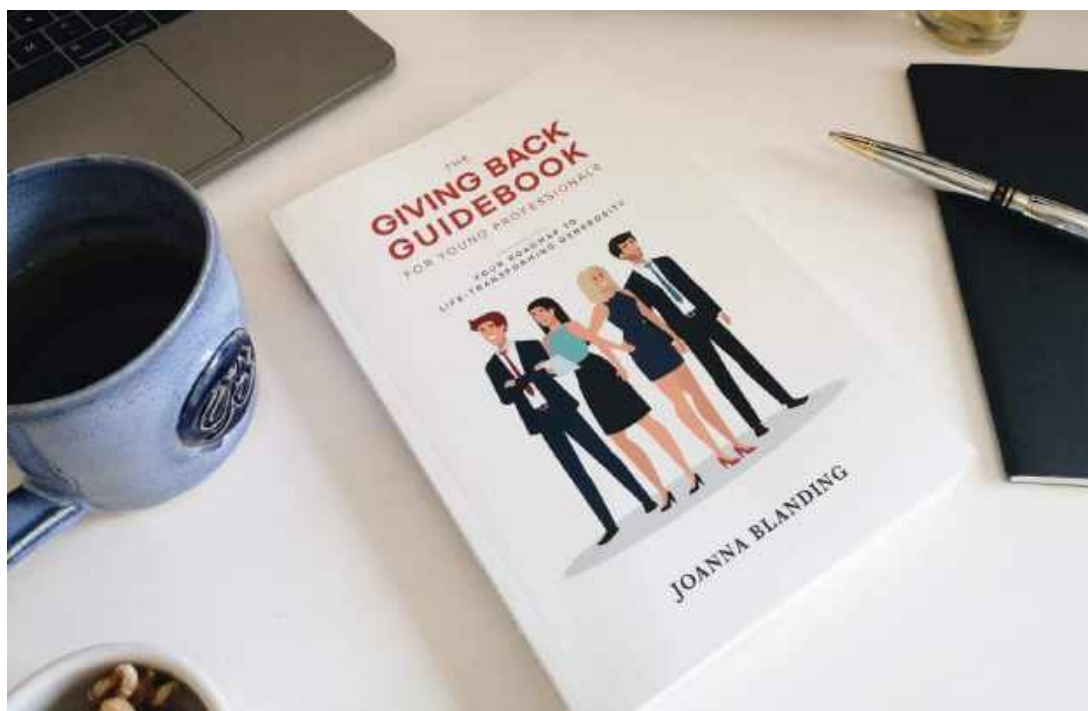
You now know that it is within you to give and be generous. You now know that the best time to start is now. And you know now what steps to take.

These steps might sound too complex though if you just look at them without understanding what each step entails.

V. YOU'RE OFF TO A GOOD START.

I'll send you an email with a guide to step 1, writing your Personal Mission Statement. This is important. It's a crucial first step that will define the rest of your journey. So hope you don't miss that out.

If you are already hungry to know about the rest of the steps, I've written a book that will be your go-to guide for your entire journey. It's called, **The Giving Back Guidebooks for Young Professionals: Your Roadmap To Life-Transforming Generosity.**



V. YOU'RE OFF TO A GOOD START.

This book will guide you through starting a lifestyle of generosity that fulfills your purpose, maximizes your influence, and transforms lives. You can order it from Amazon. If you don't have access to Amazon shipping, fill out the form [here](#).

NOTE FROM THE AUTHOR

In your journey towards a lifestyle of generosity that transforms lives (yours and others'), there are three key things that you should constantly have:

- **Inspiration.** You definitely already have it. But you need to keep it on fire. What drives you to give back? You should always have the answer to this etched in your heart and mind.
- **Information.** You need to have the right information. There's plenty of info, knowledge, or content out there that talk about giving back—but not all of them are sound. In my book and the other tools that we have available for you, you will learn about the Six Characteristics of Life-Transforming Generosity.
- **Connection.** Giving, is indeed, social. This is a fundamental truth about giving that I've understood through the years. If you want to take this path of transformative generosity, you need to be in community. You need people to encourage you (like mentors or coaches), you need people to encourage (because it's only through teaching and leading that you can truly grow), and you need peers who you can laugh and cry with as you pursue your giving back goals.

NOTE FROM THE AUTHOR

For inspiration and information:

Follow Giving is Social on **Instagram** or like us on **Facebook**.
Just choose one, whichever one you use more often.

For connection:

Email me if you're interested in joining my free group catch-up & coaching session happening once a month online with other givers.

I'm very excited for you about the journey you have just started!

Let's keep it going. I'll be in touch.

All the best,

Joanna Blanding

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