

CONTRIBUTE

sixth tool to build a happy and fulfilling life

The following questions can help you understand where you are and where you want to go. Answer spontaneously and at the end of this journey take a look at them again to check if something has changed (and, if yes, what). Remember to answer without judgement: read the questions slowly, think about them and write what you truly feel inside.

Think about your life and list here below what you already do to contribute. Remember that contributing doesn't mean only donating money or volunteering: even taking out the garbage is a contribution to your family! (you don't need to have 9, but if you have more, list them below)

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____

What are the things you could do to contribute even more to our world? As always, remember you don't have to save the world. Even turning off the car to avoid further pollution is a wonderful contribution! (you don't need to have 5, but if you have more, list them below)

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

What are the things you could do to contribute even more to your town or community? (you don't need to have 5, but if you have more, list them below)

- 1) _____
- 2) _____

- 3) _____
- 4) _____
- 5) _____

What are the things you could do to contribute even more to your family? (you don't need to have 5, but if you have more, list them below)

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

What are the things you could do to contribute even more to yourself? (you don't need to have 5, but if you have more, list them below)

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Take the time to review your answers. Try to practice at least one of the things you wrote to contribute and describe here below how you felt about it.