

The Peak Perspective



27 December 2023

Issue 9

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OUR GOALS THIS WEEK

- Kindness
- Purpose in Giving
- Practice Gratitude
- Joy
- Let Go of perfection
- Set a date



ISSUE 9 - GIVING BACK

Christmas is traditionally a time of giving, so no doubt you will feel that you have done plenty this week! If you read about reflection & renewal last week, you'll know that it was about taking stock - thinking about where you're at.

Now we're looking the other way - outward to what we can do for or give to others. Giving doesn't just help the person you are giving to though, the act of giving can bring you joy, humility and purpose.

We are going to look at ways to give, the purpose of giving, how it benefits us and how to avoid perfection in giving.



MEMORY!

A favourite giving moment of mine is when I decided to make some "meeps" - not the Dr Who kind! I packaged them up and hid them around our local park. I got a thank you on Facebook from someone who found one - or rather their child did, and was apparently very, very excited to have their new friend.

The aspect of not knowing who would find it - or whether anyone would - was interesting. I had never done that kind of anonymous giving before, but it was exciting and kind of therapeutic to just set the packages free to be found!

Inata: [allyoumeepislove](https://www.allyoumeepislove.com) for more info.

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Giving back



December is a wonderful month, and gives the opportunity to reflect and plan what comes next. Giving back can take so many forms - giving money, obviously, gifts, time, positivity, encouragement and supporting a charity.

"The Power of Kindness": The exciting thing about kindness is how it spreads - just as a smile can spread from one person to another and the "kiss of life" has a similar (but a potentially life saving) effect, it seems that kindness causes a ripple effect. If you have your life saved by someone you have a depth of gratitude that just makes you want to give back, you can't help it. Similarly if an act of kindness gets you out of a tight spot or a Random Act of Kindness brightens your day, it is likely to cause the receiver to want to pass that feeling on.

Here are some easy ways to spread kindness:

Write a snail mail letter - connect in a more personal way. Even a Thank you note can be giving, by letting the recipient know that you are grateful for them/something they gave you/something they did for/with you.

Volunteer for a charity - in their shop, spending time listening, take part in a fundraiser.

Support small businesses - go out of your way to buy a present or service from a small business, the sale, interest or connection means a lot to them.

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Giving back...

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Gift of Time

Spending time with someone or doing something for them, even making something to give someone in need or to bring happiness.

RAK

A random act of kindness - usually for someone you don't know. eg buy a coffee for an emergency services worker, paying for someone's shopping if they don't have enough, help someone with a practical job they can't manage.

"Finding Purpose Through Giving": Engaging in charitable activities and kindness can help you to find a sense of purpose and find fulfillment too.

Here is your chance to consider ways you may like to give back...

Charity

Give time, money, run an event, share their posts or fundraise.
It all helps.

Pay it Forward

If someone does something as an act of kindness for you, do that same thing for someone else

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FAQs

HOW CAN GIVING BACK HELP ME IN MY EVERY DAY LIFE?

Giving back has several positive impacts on your wellbeing, as well as helping whoever you are helping.

- It can give you new social opportunities
- It can help you connect with a local cause
- It can help you to get active.
- It gives a sense of achievement
- It can give you a sense of purpose

WHAT CAN I DO TO GIVE BACK?

Giving can be simple or creative. It can be adding some tins to the foodbank collection or shaving your head, running a marathon or walking a set amount every day for a month, it can be a sponsored karaoke or a sponsored silence, it can be selling something you have made or giving it away to someone who really appreciates that item. There is no right or wrong, you get to do it your way



&

Hacks

A RAK HACK!

If you carry a handbag, carry

- £1 if someone needs it for a trolley.
- A coffee gift card.
- Tissues and/or wet wipes.

Two of the easiest RAKs are...

- A smile and a compliment,



A GIVING REVIEW

A time to refresh and rethink how you give, how much and who to. Giving is never about pressure, it isn't about feeling bad that you can't give or do more, it's about gratitude for what you have and finding ways, financial or otherwise to give back. To get you started...

- Set aside time to plan - make a date!
- Decide what you want your giving to be like, maybe the same charity you've always supported, maybe find a new local charity, maybe help other people in a situation that you've been in.
- Use it as time to reconnect with yourself, reflect on your past, who helped you and how, what really meant something to you.

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SOMETHING TO MAKE YOU FEEL PROUD

I'm not talking "7 deadly sins" proud, I'm talking pushing yourself a little out of your comfort zone to benefit someone else, which when you look back on it gives you a sense of achievement but also knowing that you have genuinely helped someone, or many people, brightened someone's day or made their situation a little easier. We can all give back in our own style. Make it count, push yourself and be proud of your achievement.



BEATING PERFECTIONISM

In the spirit of giving, it's important to remember that perfection is not the goal. Sometimes, our desire to make a difference can be hindered by the fear of not doing enough or not doing it perfectly.

Embrace the power of imperfect action. Remember, even the smallest acts of kindness and generosity can have a profound impact.

Remember your aim - to make something better - someone's day, a charity's bank account, a small business's visibility. Whatever action you take, do it with good intention, but do it!

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If you want your own personalised plan to supercharge your life in the New Year, or to find your purpose, I have space available this week! Go to www.catepurdy.com/shop and find The Golden Egg!

Christmas



£99

- Get clear on your needs
- Dedicated time for you to reflect
- Get your personalised plan of what renewal looks like for you

Limited!

Only a very few spaces left for
December 2023
Offer closes this week!

The Golden Egg

Offer

catepurdy.com