

## Reflective Exercise: Ten Characteristics of Generosity and Graciousness

- ☐ 1. Fully listen to the other person before talking about me. Practice WAIT which is remembering to ask myself, "Why Am I Talking?"
- ☐ 2. Avoid bragging on myself and "one-upping" others. Don't think less of myself just think of myself less.
- ☐ 3. Be quick to seek genuine opportunities to praise others. Avoid deliberately seeking to embarrass or put another person down.
- ☐ 4. Be generous and gracious. Give my time and kindness as much as possible.
- ☐ 5. Remember I am not indispensable and I will respect everyone's contributions.
- ☐ 6. Be mindful to use words that heal and uplift while avoiding gossip and putting others down.
- ☐ 7. Say 'thank you' and show appreciation for even the small things people do for me.
- ☐ 8. Let people know why and how much I value them.
- ☐ 9. Be welcoming and provide comfort and hospitality whenever I can.
- ☐ 10. Look for the positive and good in everyone.

A) Which 2 – 3 characteristics would you like to develop more?

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B) What are some steps you can take to put these characteristics into practice?

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