

# What You Give That No One Sees

Count the quiet things you do for other people that never get named.

## WHEN TO USE THIS

Use this when you feel like nothing you do matters to anyone.

What did you do for someone else this week, however small?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Which of those would be missed if you stopped?

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What does doing these things cost you?

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What would you like someone to notice out loud?

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*Unseen is not the same as unimportant. You are allowed to want it seen.*