

# Building your own generosity workout

Daily exercises and ideas  
to help you strengthen  
your giving muscle





# Are you ready for a workout?

Generosity is a journey and a way of living that goes far beyond any single act of giving. But like any aspect of faith, it takes focus and discipline if you want to sidestep distractions that can throw you off course.

So, what if you took some extra time and gave some attention every day to working your “giving muscle”? Injecting a few intentional exercises in generosity into your daily routine could have a big impact on your relationship with God, your family, your community, and the causes you care about.

Here are some fun “workouts” from our team at the National Christian Foundation (NCF) that we hope will inspire you to pursue a life of generosity that gives God glory.



**Tip:** Click the blue text on each page for links to resources. If you need a digital version of this booklet, visit [ncfgiving.com/workout](https://ncfgiving.com/workout).

# Warmups

to create the right mindset  
and motivation

## Breathe

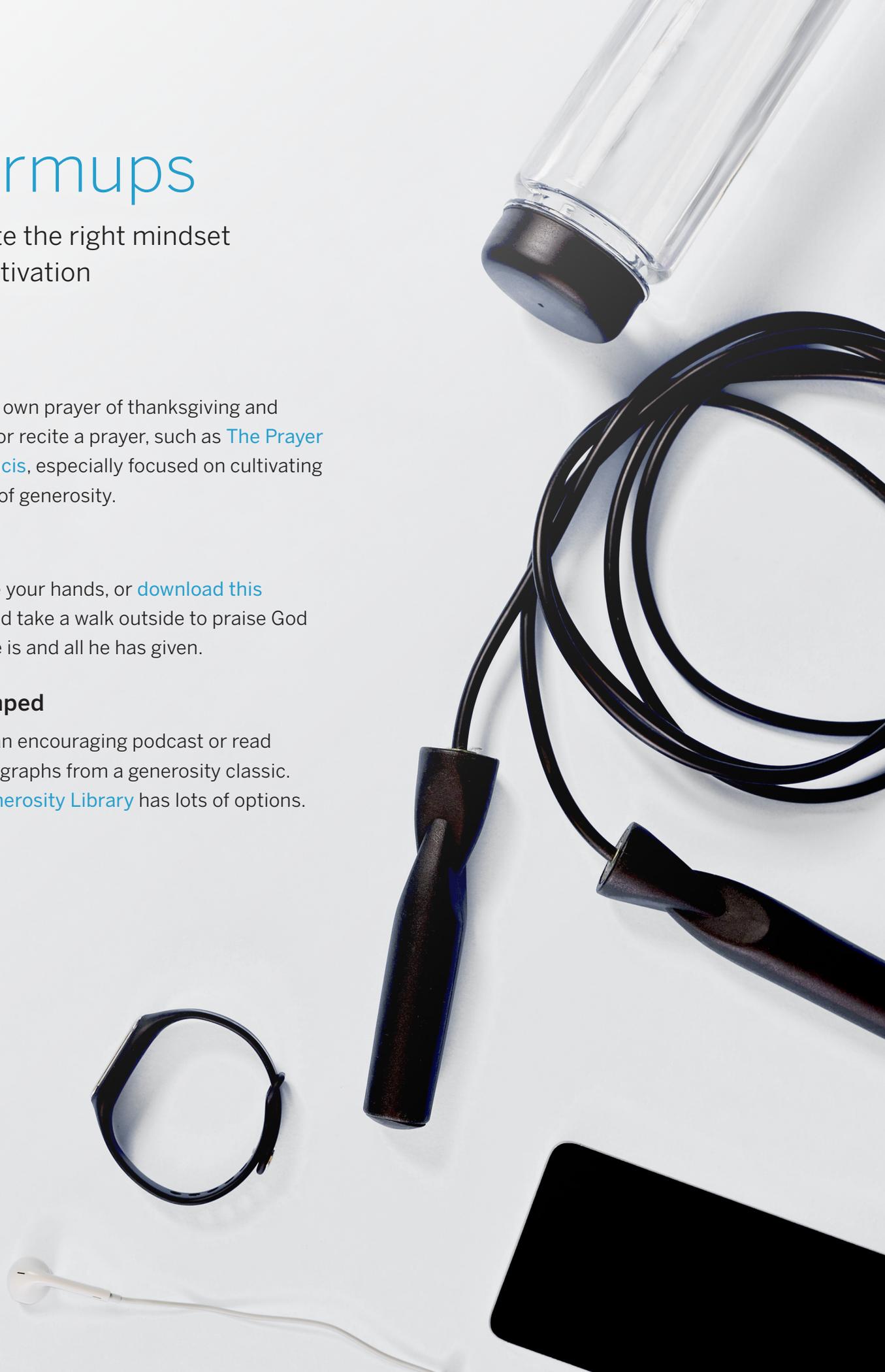
Offer your own prayer of thanksgiving and devotion, or recite a prayer, such as [The Prayer of St. Francis](#), especially focused on cultivating a lifestyle of generosity.

## Stretch

Sing, raise your hands, or [download this playlist](#) and take a walk outside to praise God for who he is and all he has given.

## Get pumped

Listen to an encouraging podcast or read a few paragraphs from a generosity classic. [NCF's Generosity Library](#) has lots of options.



# Core exercises

to establish a strong foundation and help you become more properly aligned

## Adjust your posture

Humble yourself, slow down, smile, and offer dignity, respect, or a word of encouragement to every person God puts in your path today. Make sure no one goes unseen.

## Focus on your core

Create a password, screensaver, notecard, or reminder on your phone for reviewing your guiding Scriptures. Our [10 days of biblical generosity](#) devotional can help you explore biblical principles and verses about giving.

## Invest in the right equipment (for financial giving)

A Giving Fund (donor-advised fund) helps facilitate intentional, seamless grant recommendations. Use your [\(open one here in minutes\)](#) to research charities, check your goals, or set up recurring grants and gifts.

## Involve your family

Start a conversation about generosity at the dinner table tonight, or choose one of the practical steps in [this article](#) for children of any age.

## Find a workout partner (or several)

“Iron sharpens iron,” and generosity thrives in community. If you’re looking for like-minded peers, your [local NCF team](#) is a good place to start.



# Moderate moves

to foster an active, healthy approach and avoid burnout

## Take a JOG

Plan to attend or host a [Journey of Generosity](#) event in person or online to engage (or help others engage) in a transformational generosity experience.

## Map your course

Spend your lunch hour praying and researching where God is calling you to give. If you need guidance, [NCF's Passions and Causes Guide](#) has exercises to help you define your top causes and charities.

## Hire a coach

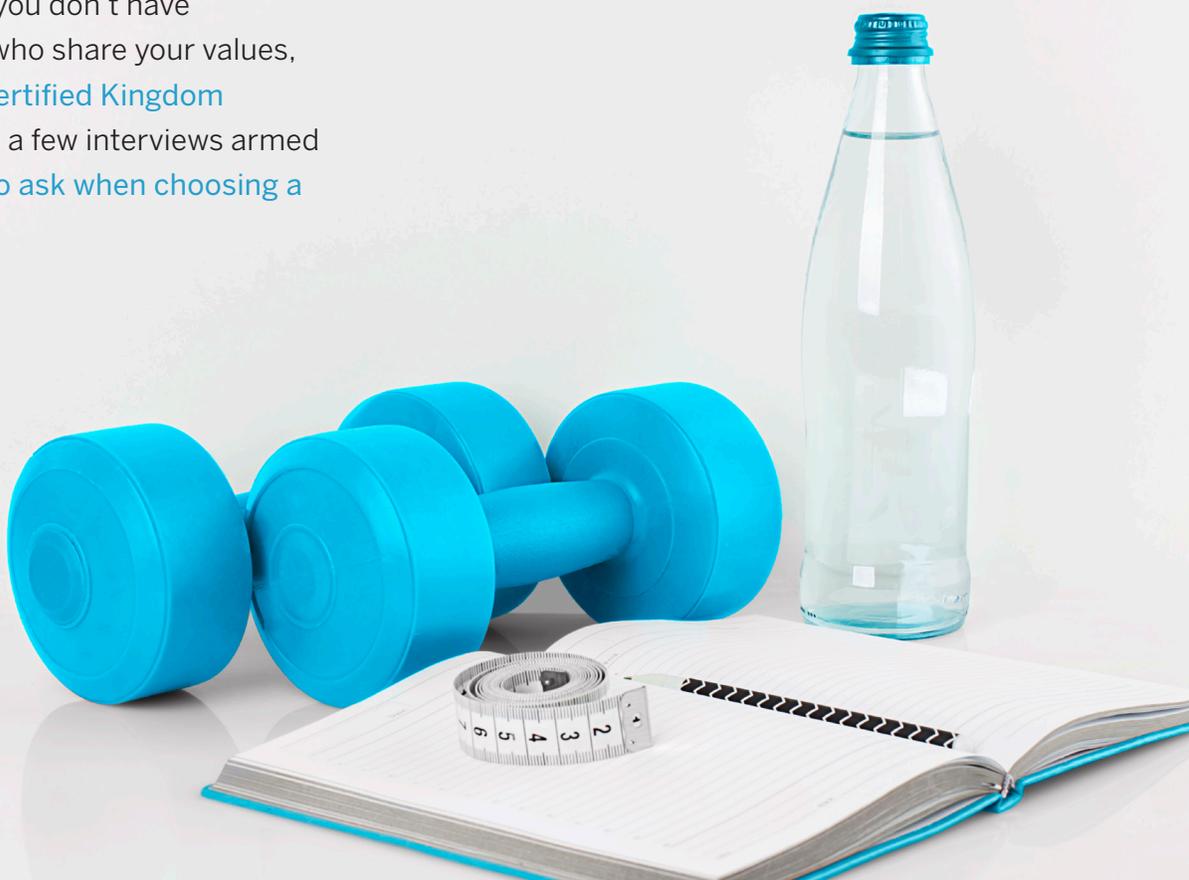
Wise counsel is key. If you don't have professional advisors who share your values, use this [directory of Certified Kingdom Advisors](#) and schedule a few interviews armed with these [questions to ask when choosing a financial professional](#).

## Train for a marathon

Extend a personal invitation to the leader of your favorite charity to get to know them better and start learning how you can partner together for long-term impact.

## Plan for the long haul

Set aside some time to think about your legacy (with your spouse or kids, if applicable), and [log in to your Giving Fund](#) to name a charity as a beneficiary of it.



# Strength training

to build endurance and refine your character

## Do some heavy lifting

Dedicate five minutes to writing down the names of people you know who are going through a tough time. Circle one name and brainstorm ways you can help [carry their heavy burden](#) this week.

## Add reps

Commit to a regular weekly or monthly volunteer opportunity. Showing up for someone repeatedly can be an investment that lasts a lifetime.



# High-intensity intervals

to create bigger impact and see faster results

## Work smarter, not harder

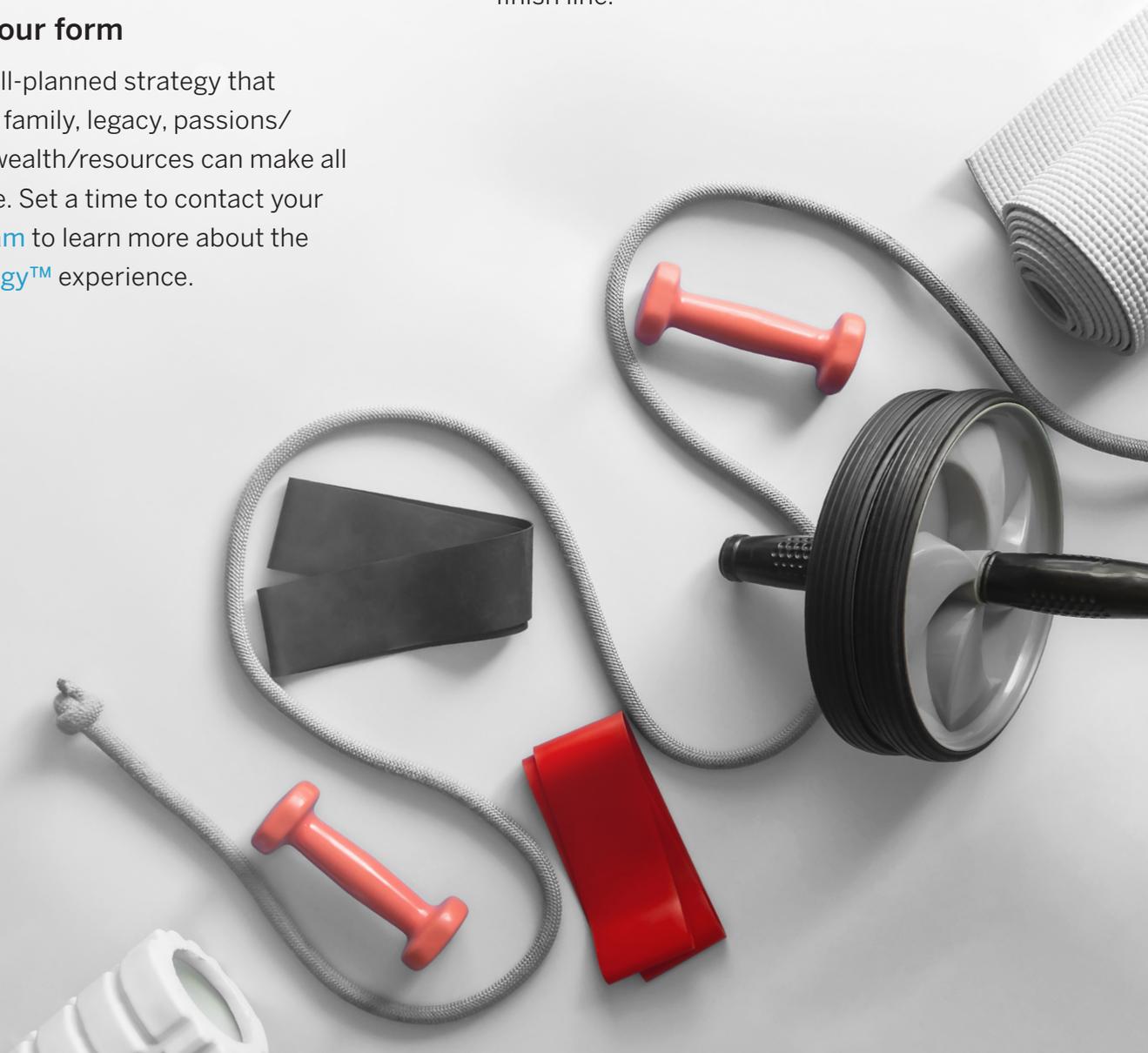
While you have your morning coffee, take three minutes to [watch this video](#) on non-cash giving and make a list of appreciated assets such as stocks, real estate, and business interests you might consider donating before the sale to potentially reduce taxes and send more to charity.

## Focus on your form

Shaping a well-planned strategy that involves your family, legacy, passions/causes, and wealth/resources can make all the difference. Set a time to contact your [local NCF team](#) to learn more about the [Giving Strategy™](#) experience.

## Envision to the finish line

How much is enough? Like these [three incredible real-life examples](#) show, setting a cap on your income or lifestyle can release you to a life of joy and peace. Over the next four weeks, carve out an hour alone or with your spouse to work through each of these [four questions](#) to help you set your own financial finish line.





# Your workout begins Saturday at 7 a.m.

Every weekend, close to 50,000 people start their day with the latest generosity news, ideas, solutions, and opportunities – all in a single email from your friends at NCF. It's called the Saturday 7, and you won't want to miss it.

Sign up or view recent editions at:  
[ncfgiving.com/saturday7](https://ncfgiving.com/saturday7)

