

Living Unconditionally

Give fully — with no expectation of reciprocity.

A giving audit based on Chapter 31

FROM CHAPTER 31 • PAGE 108

“When we give, we want to give fully, without the expectation of reciprocity.”

— Chris Masiello

How to use this worksheet:

1. Audit where the mercantile mindset shows up in your giving.
2. Give freely once a day — told to no one.
3. Reflect on the freedom of being complete.

Where does your giving keep score?

"We live in a mercantile society... Since we come from a trade and barter culture, we have an expectation that we'll get something in return when we give." (p. 108) No judgment — "when we increase our awareness around a topic like this, it makes us more whole." Check what's true more often than you'd like:

- ☐ When I give, I expect at least acknowledgment in return.
- ☐ I keep a quiet tally of who owes whom.
- ☐ I feel resentful when my effort isn't reciprocated.
- ☐ I give what I want to give, not what the other person needs.
- ☐ It's hard for me to give without mentioning it to anyone.

01 A giving that disappointed

"We can probably all think of a time when we've given and were disappointed by what we received in return." (p. 109) What happened?

02 The honest motive

"Ask yourself if you gave because you were expecting something back or because you knew it was the right thing to do." (p. 109)

The right thing, told to no one.

"It doesn't matter if anybody else sees or knows it. It only matters that we know we've done the right thing." (p. 109)

MONDAY	What I gave freely today: _____ The expectation I dropped: _____	FREE? ☐
TUESDAY	What I gave freely today: _____ The expectation I dropped: _____	FREE? ☐
WEDNESDAY	What I gave freely today: _____ The expectation I dropped: _____	FREE? ☐
THURSDAY	What I gave freely today: _____ The expectation I dropped: _____	FREE? ☐
FRIDAY	What I gave freely today: _____ The expectation I dropped: _____	FREE? ☐
SATURDAY	What I gave freely today: _____ The expectation I dropped: _____	FREE? ☐
SUNDAY	What I gave freely today: _____ The expectation I dropped: _____	FREE? ☐

Complete, with nothing owed.

"Your satisfaction is not connected to somebody else's reaction; it's only connected to how you feel, and how satisfied you are." (p. 110)

- 01** Where did giving without expectation actually feel freeing this week — and where did the scoreboard sneak back in?

- 02** "Happiness is an inside job, not an outside one... you can never have enough of what you don't need." (p. 110) What return were you chasing that you don't actually need?

- 03** What would change in your closest relationship if the ledger disappeared?

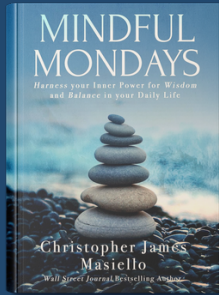
FROM THE CHAPTER • KEY POINTS (P. 110)

1. We live in a mercantile society and this mindset especially reveals itself in how we approach giving to others.
2. When we give, we want to give fully, without the expectation of reciprocity.
3. Giving unconditionally allows us a certain degree of freedom as we navigate our interactions with people.

KEEP GROWING

This is Chapter 31. There are 21 more.

Each chapter of Mindful Mondays comes with a video and a practice tool like this one. Work through them at your own pace — one Monday at a time.



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