

Try This at Home: Fun Vs. Philanthropy

Over the course of a week:

1. Plan to do one thing that you find (personally) genuinely fun. E.g. watch a television show, go shopping, read a magazine, etc.; and
2. Plan to do one thing that is philanthropic. E.g. do a favor, helping a friend with a challenge, volunteer in your community, help plan a celebration, etc.
3. Compare these experiences. How do you feel after these experiences? How long does this feeling last?