



You **don't** have to be rich  
to be generous.

## ACCEPTING GENEROSITY

Generosity is a two-step process

- > Be generous
- > Allow others to be generous to you.

Accepting generosity in the right spirit:

- > Is not selfish or self-centred.
- > Has no shame or guilt
- > Is accepting an act of love
- > Helps us live a full life
- > Brings a greater sense of joy.



The Twelve Pillars of Usher Group consist of 12 intentions,  
spread out over a period of 12 months.

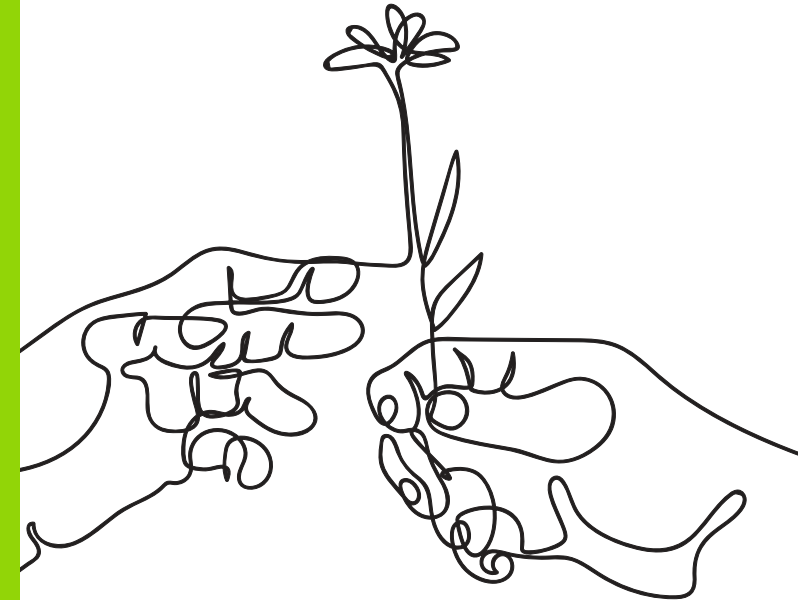
JANUARY	<b>Gratitude and Reflection</b> Reflect on the year past and express gratitude and reflection for the future year ahead.
FEBRUARY	<b>Love</b> Valentine's Day 14th February
MARCH	<b>Happiness</b> International Day of Happiness 20th March International Womens Day 8th March
APRIL	<b>Truth</b> International Day for the Right to the Truth 24th March
MAY	<b>Creativity</b> World Creativity and Innovation Day 21st April Mother Day 2nd Sunday of May
JUNE	<b>Awareness</b> World Environment Day 5th June World Ocean Day 8th June Global Day of Parents 1st June International Children's Day 1st June
JULY	<b>Forgiveness</b> National Day of Forgiveness 7th July
AUGUST	<b>Accountability</b> International Day of Worlds Indigenous People 9th August World Humanitarian Day 19th August
SEPTEMBER	<b>Generosity</b> International Day of Charity 5th September
OCTOBER	<b>Kindness</b> World Kindness Day 13th November
NOVEMBER	<b>Compassion</b> World Compassion Day 28th November
DECEMBER	<b>Family</b> Holiday Season is a time of Family



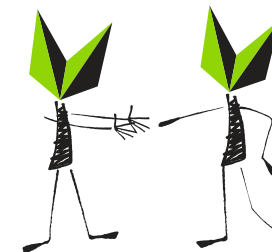
**USHER | CARE**  
We care.

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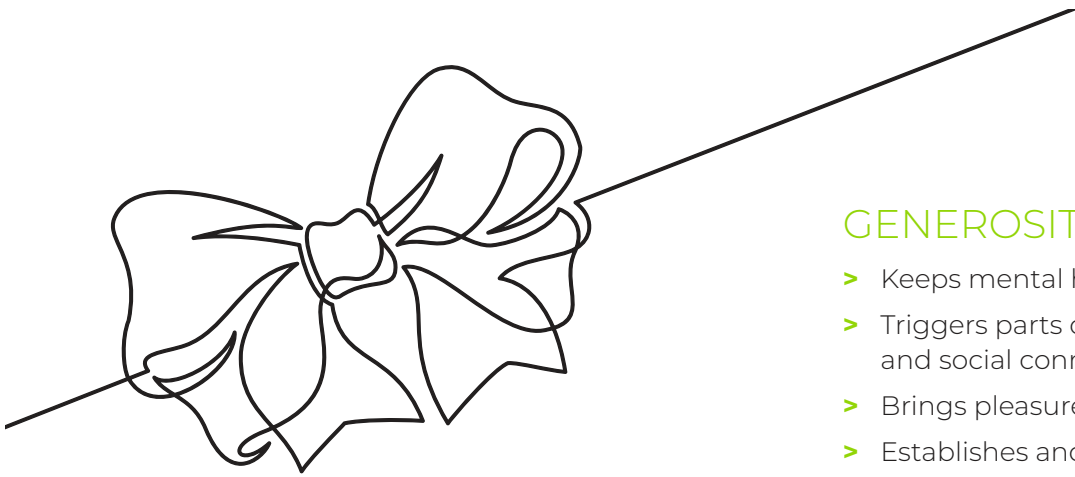
**12**  
PILLARS



# GENEROSITY



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We care.



# GENEROSITY

## GENEROSITY IS:

- > Giving freely without expecting anything in return
- > Being kind; selfless
- > The offering of talent, time or treasure (money)
- > Connected to Charity and Virtue
- > A desirable quality to have
- > Not based on amount of wealth but quality of character
- > The antidote to greed



## GENEROSITY IS GOOD FOR YOU

- > Keeps mental health and wellbeing stable
- > Triggers parts of the brain associated with trust and social connection
- > Brings pleasure
- > Establishes and affirms sound relationships

**Generosity** can be contagious

- > Improves happiness of others
- > In turn, brings joy to self
- > Inspires others to follow your lead
- > Becomes contagious, resulting in more interactions and less loneliness

Becoming **Generous**

- > Giving gifts
  - Holidays
  - Birthdays/anniversaries
  - Acknowledge achievements
  - Because we feel like it
  - Out of love
- > Random acts of kindness
  - Writing gratitude note/email
  - Buying someone lunch/coffee
  - Offering to do something

## WHAT'S IN IT FOR YOU?

- > Like regular exercise, and a healthy diet, generosity can increase life span
- > Reduces stress
- > Supports the immune system
- > Enhances sense of purpose
- > Natural confidence booster
- > Helps in success of tasks
- > Reduces feelings of isolation and depression
- > Shifts focus away from self; less selfish



Generosity:  
The habit of giving  
freely without expecting  
anything in return.