



Journal



29 Gifts[®]

WWW.29GIFTS.ORG



USE THIS JOURNAL TO DOCUMENT
YOUR 29 GIFTS JOURNEY.

WE ALSO ENCOURAGE YOU TO VISIT
29GIFTS.ORG
TO SHARE YOUR GIVING STORIES AND
CONNECT WITH OTHER 29GIVERS.

BY CAMI WALKER

DESIGN + ILLUSTRATIONS
BY KATE PRENTISS

This journal belongs to:

Cami's Story

How the 29 Day Giving Challenge Came To Be



Dear 29 Giver,

I'm so pleased you've committed to join the 29 Gifts Movement and offer your gifts to the world.

The first day of my personal 29-Day Giving Challenge was preceded by a sleepless night as I struggled with depression and symptoms of Multiple Sclerosis. I was awake all night feeling angry and sorry for myself. When insomnia hits, I often go through old journals and read them. I found a note that I'd made during a phone session with a medicine woman I know named Mbali Creazzo two months before. The note said, "Give away 29 gifts in 29 days." It was 3 a.m. and I decided in that moment to take the suggestion.

And so the challenge began. I woke up the next day feeling excited about what I might give away. And I began to notice that the more I gave away, the more abundance I was experiencing for myself.

I wanted to see what would happen if I really committed and focused my energy on giving for 29 days. Would my health improve? What space would it create in my life for new and unexpected things to occur? What shifts would I see in my thinking and behavior as a result? What impact would my gifts have on others? These were just a few of the questions I was curious about in the beginning, but there's no way I could have anticipated what unfolded for me.

By Day 29, I was astounded by the magical and miraculous shifts in my energy for life:

- I was feeling happier, healthier, and more in awe with life.
- I found myself smiling and laughing more.

- My body got stronger and healthier.
- My consulting business exploded with new, unexpected opportunities.
- I began connecting with a community of old and new friends.
- My creativity opened up and I began writing stories.
- I began experiencing deeper intimacy in my relationships.

The list of changes goes on. This is only the beginning.

When I started out, nothing was planned. I simply began the day and when I felt moved to give something, I did. I documented what I gave away and any observations I made each day. I began to post the stories online. Who knows, I thought, maybe others will decide to take the 29-Day Giving Challenge and experience a similar positive impact on their lives. So I decided to invite some friends to join me and now 29 Gifts is a worldwide movement with thousands of members in 38 countries.

I hope you'll decide to join in the fun and start giving and publish a few of your own giving stories on our website at www.29gifts.org

I also encourage you to get a copy of my book, *29 Gifts: How a Month of Giving Can Change Your Life*. You can read the full story behind the Challenge and get guidance and tips from Medicine Woman, Mbali Creazzo, about how to get the most out of your 29-Day Giving Challenge.

Peace, light and good giving to you today. May you be the recipient of many gifts.

Cami

Cami Walker,
29 Gifts Founder + Creator





Changing Lives One Gift at a Time

29 Gifts is a global giving movement with thousands of members in 38 countries. Our collective mission at 29 Gifts is to revive the giving spirit in the world. We change lives—and change the world—one gift at a time.

GIVE A LITTLE EACH DAY. MAKE A BIG IMPACT.

Give one thing away each day for 29 days. Share your stories about how it impacts your life to focus on giving. Why? Because to see our world change, we have to do something to change our world. Plus, the best way to attract abundance into your life is to be in a perpetual state of giving and gratitude. Be an important part of the global giving movement that inspires more generosity on our planet. Your 29 Gifts can be anything given to anyone... money, food, old sweaters, smiles, your time, kind words or thoughts.

Use this journal to document your 29 Gifts journey.

A FEW HELPFUL TIPS:

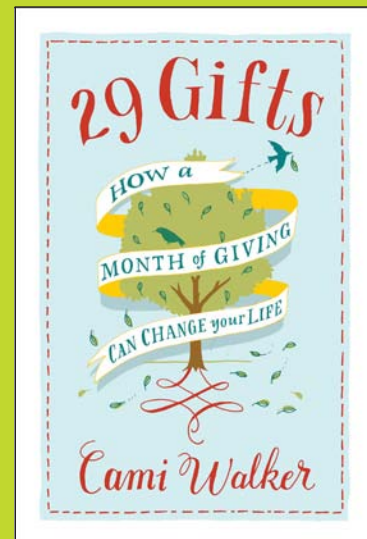
- 1. Be mindful.** The Challenge is intended to be a sacred ritual—it is your opportunity to cultivate a mindful practice of stepping outside your own story for a few seconds each day by serving others.
- 2. Don't quit.** If you have a day that you feel unmotivated to give, it's ok. Just go for the simple give. Call a friend and give some kind words. Write someone a nice note. Or exchange smiles with a stranger. Every give doesn't need to be monumental. You might even notice that the "simple gives" feel more powerful than the grand gestures.
- 3. Don't worry if you don't do it perfectly.** If you forget your give one day, be gentle with yourself. We recommend you start over at Day 1 if you forget a day to release the energy that has built up around your ritual and let the energy build again. But remember, this giving ritual is about progress, not perfection. If it's too intimidating to start over, just sit down and quietly reflect on your day. Review the entire day mindfully and find the times you unconsciously gave so you can bring it into your consciousness. Don't forget that there is never a day that you don't give. There are only days that you don't acknowledge and remember you did. You can also just begin the next day where you left off. The key is not to quit.

4. Be receptive and have fun. Enjoy your 29 days. Remember to stay open to receiving. Giving can't happen without the recipients of our gifts. One of the intentions of this ritual is to increase the field of global abundance for everyone – including you. So give your gifts with an open heart and stay open to receiving wonderful gifts in return from the universe.

5. Participate in our community. To get the most out of your experience, sign up at 29Gifts.org. Post your favorite stories in your free giving blog and take part in the discussions on our forum. Remember that any activity undertaken in community has the capacity to transform you. You can make friends on our website from all over the world.

6. Stick Around. When you've completed your 29-Day Giving Challenge, we hope you'll feel so inspired by the changes in your thinking and your life, that you'll continue to give mindfully each day.

Congratulations on making the commitment to give your gifts to the world!



Read the inspiring story behind the 29 Gifts Movement in the book.
29 Gifts: How a Month of Giving Can Change Your Life

Plus, get guidance and tips from medicine woman Mballi Creazzo about how to get the most out of your 29-Day Giving Challenge.

Published by:

Da Capo



LIFE
LONG



DATE:

Day 1

Today I offered others



Today I gratefully received



Today I gave myself



Today I learned



GIVE TIP: Go for the Simple Give.

Sometimes the simplest gives feel more monumental than grand gestures. Try smiling at someone today and offering them a sincere compliment.



DATE:

Day 2

Today I offered others



Today I gratefully received



Today I gave myself



Today I learned



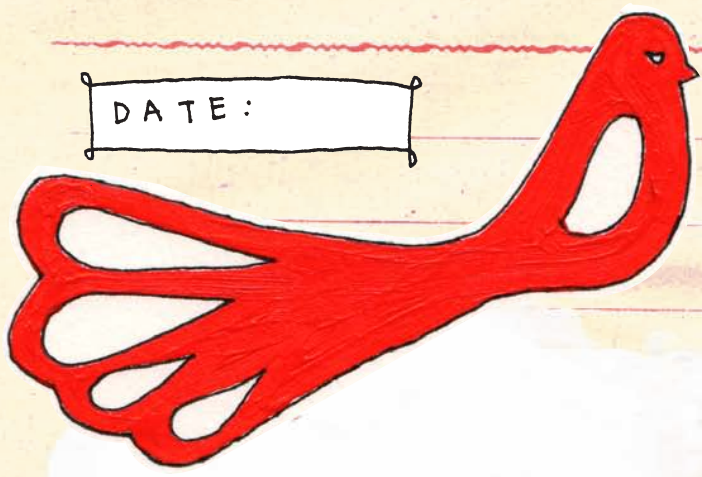
GIVE TIP: Recycle the Things

You Love Most. Sometimes our attachment to objects can bind up our energy. Release that collection of old baby clothes or CDs. Use www.freecycle.com to find good homes for your beloved items.



DATE:

Day 3



Today I offered others

Today I gave myself

- ✦
- ✦
- ✦

- ✦
- ✦
- ✦

Today I gratefully received

Today I learned

- ✦
- ✦
- ✦

- ✦
- ✦
- ✦

GIVE TIP: Progress, Not Perfection.
 If you get to the end of a day and realize you've "failed" to give your gift, just review your day and identify something you offered to another person unconsciously. Make a list of things others did for you that day, and thank them for those gifts.



DATE:

Day 4

Today I offered others



Today I gave myself



Today I gratefully received

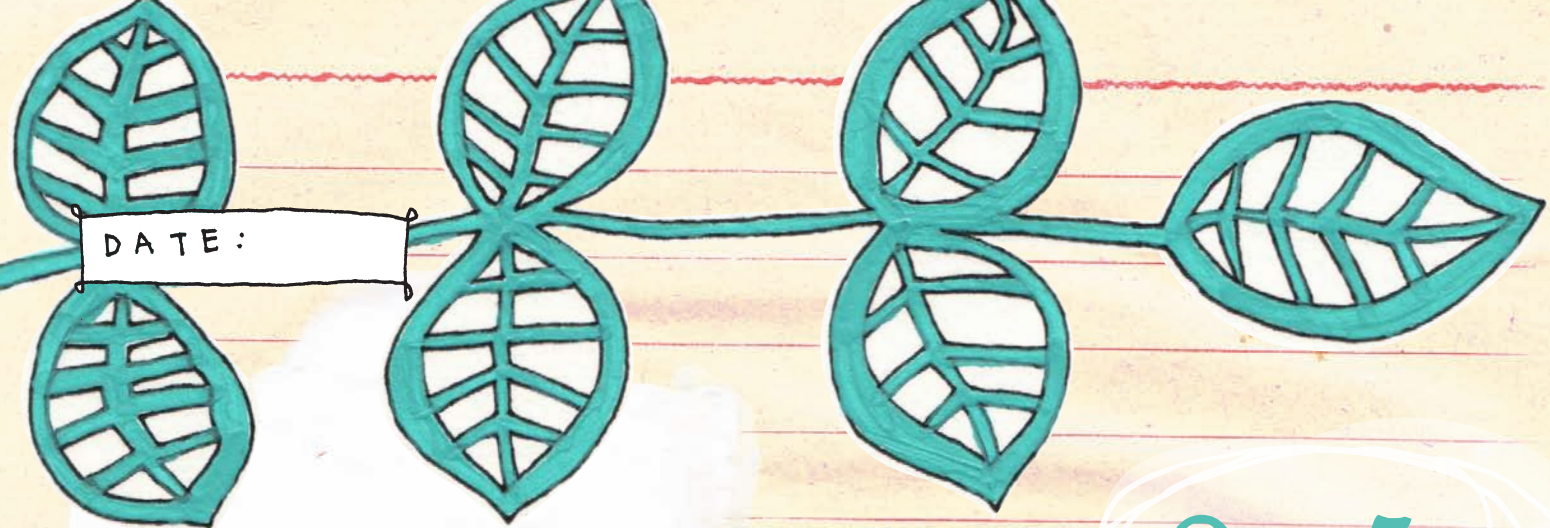


Today I learned



GIVE TIP: Begin with Gratitude.

Gratitude is the core reason that giving feels good. Cultivating gratitude reminds you of what you have. Make a list of things you're grateful for and find a way to share at least one of them with another person.



DATE:

Day 5

Today I offered others



Today I gave myself



Today I gratefully received



Today I learned



GIVE TIP: Give Up Expectations.

Let your acts speak for themselves. Acknowledge their value in your own heart, but don't expect anything in return, not even thanks. Give money or food to a person in need and let go of any judgment you might carry about how your gift will be put to use.





DATE:

Day 6

Today I offered others



Today I gratefully received



Today I gave myself



Today I learned



GIVE TIP: Stay Open to Receive.

Giving and receiving are two sides of the same coin. If we give constantly but don't allow ourselves to receive we deplete our energy. Today, give yourself permission to accept the gifts others offer to you.





DATE:

Day 7

Today I offered others



Today I gratefully received



Today I gave myself



Today I learned



GIVE TIP: Generosity Energy.

When you give from an authentic place of service, with an attitude of honesty and fullness, your gift will revitalize your spirit. Spend your day open to all unexpected opportunities to be of service to those who cross your path.



DATE:

Day 8

Today I offered others



Today I gave myself



Today I gratefully received



Today I learned

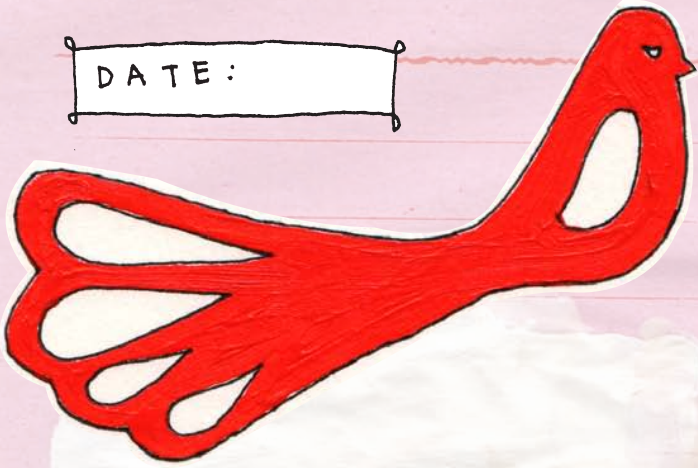


GIVE TIP: Avoid Guilt or Obligation.
If you're giving because you feel as though you are expected to, you may experience resentment. Rethink your motives so that you can view your responsibilities as gifts. Give yourself permission to say no if someone asks you to give more than you feel capable of.



DATE:

Day 9



Today I offered others

Today I gave myself



Today I gratefully received

Today I learned



GIVE TIP: Plan Less, Do More. This exercise in mindfulness results in your heightened awareness of gift-giving opportunities that arise naturally through your day. Let someone pass in front of you while in traffic or allow another person in line ahead of you at the store.



DATE:

Day 10

Today I offered others



Today I gave myself



Today I gratefully received

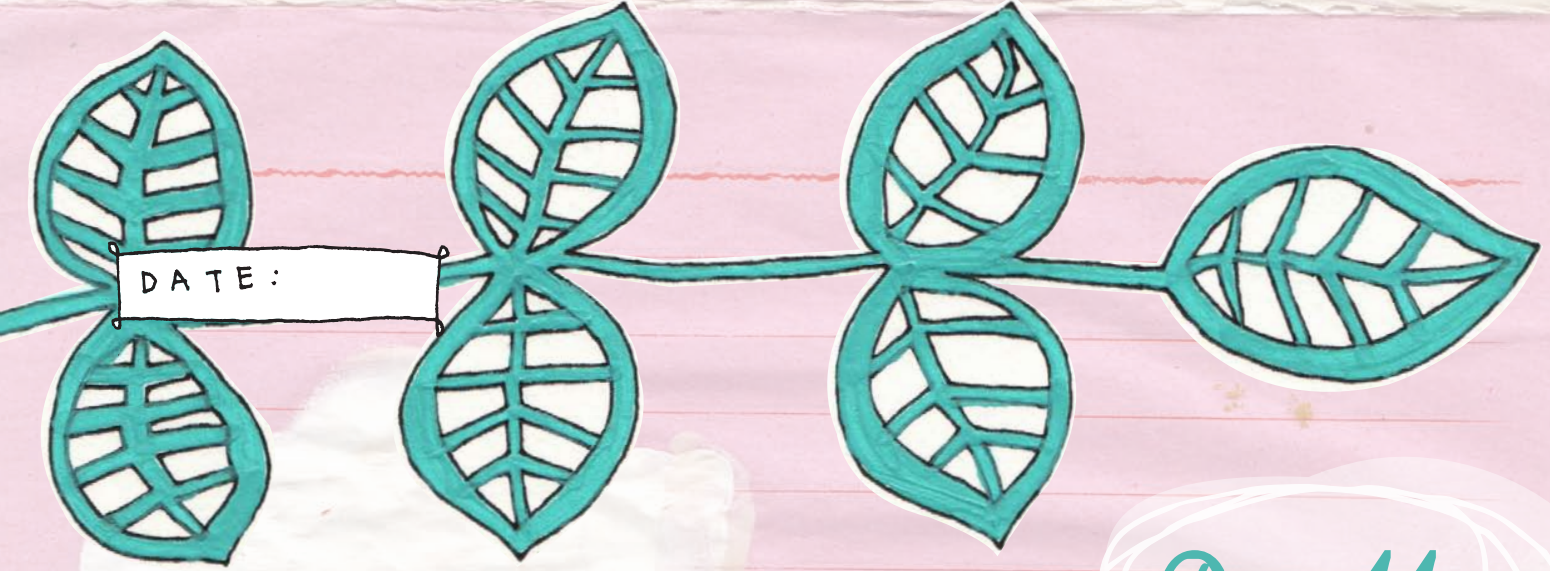


Today I learned



GIVE TIP: Appreciate the Sacred Ritual.

Learn to appreciate the spiritual nature of this process. Countless opportunities will present themselves to you each day if you approach the Challenge mindfully with an open heart.



DATE:

Day 11

Today I offered others

- ✦
- ✦
- ✦

Today I gave myself

- ✦
- ✦
- ✦

Today I gratefully received

- ✦
- ✦
- ✦

Today I learned

- ✦
- ✦
- ✦

GIVE TIP: Share Your Creative Gifts.
Give your inner inspiration to others. Cast your creativity into the universe as seeds to bloom. Write a poem, paint or draw a picture, or leave a singing message on your best friend's voice mail.





DATE:

Day 12

Today I offered others



Today I gave myself



Today I gratefully received



Today I learned



GIVE TIP: Give One Thing You Can't Live Without. Consider giving a gift of something that feels scarce in your life. Or try giving away something you believe you could never live without.



DATE:

Day 13

Today I
offered others



Today I gratefully
received



Today I gave
myself



Today
I learned



GIVE TIP: Give the Gift of Forgiveness.

Make a list of people you are angry with. It is important to take responsibility for your part in the situation that angered or upset you. Write a letter to at least one person on your "forgiveness list" to release your anger.



DATE:

Day 14

Today I offered others



Today I gratefully received



Today I gave myself



Today I learned



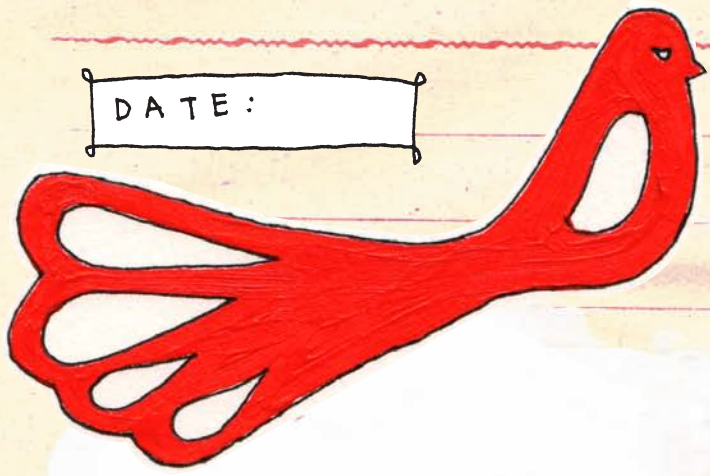
GIVE TIP: Believe in Your Own Worth.

Remember that you are enough, just as you are. When you begin to doubt your value, notice what triggered that feeling, and learn to start redirecting those thoughts.



DATE:

Day 15



Today I offered others

- ✦
- ✦
- ✦

Today I gave myself

- ✦
- ✦
- ✦

Today I gratefully received

- ✦
- ✦
- ✦

Today I learned

- ✦
- ✦
- ✦

GIVE TIP: Everything Counts.

Don't diminish the value of your gifts. Cook dinner for your family, read a book to your child, do a good job for your employer. These are all gifts you offer regularly if they are approached from a giving spirit.



DATE:

Day 16

Today I offered others



Today I gratefully received



Today I gave myself

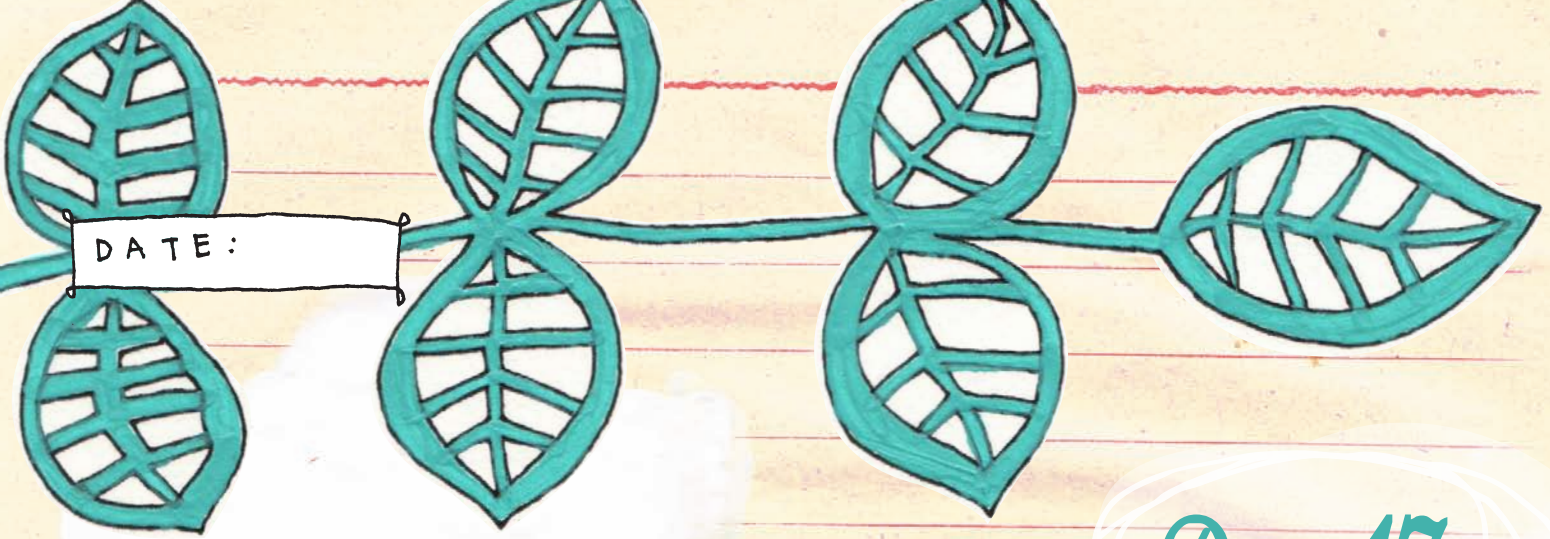


Today I learned



GIVE TIP: Make it personal.

Commit to supporting a cause you feel drawn to. Make a donation or volunteer your time and energy. If you'd like help finding a cause, go to www.charitynavigator.org.



Day 17

Today I offered others



Today I gave myself



Today I gratefully received



Today I learned



GIVE TIP: Lending Love.

Try offering a monetary gift to a small business owner or entrepreneur who is trying to launch their dream. This may be someone you know, or you can offer loans to entrepreneurs all over the world through organizations like www.kiva.org.





DATE:

Day 18

Today I offered others



Today I gratefully received



Today I gave myself



Today I learned



GIVE TIP: Secret Gifts.

When you give anonymously, it humbles you, because you have no control over how the gift is received. Pay for an extra cup of tea and ask the cashier to pass it along to the next customer after you leave.





DATE :

Day 19

Today I offered others



Today I gratefully received



Today I gave myself



Today I learned



GIVE TIP: Give to Mother Earth. Being environmentally conscious is a gift that will continue to send waves of positive energy into the universe. Commit to doing at least one extra thing for the earth today. Plant a tree or flower. Or have an "unplugged" day.



DATE:

Day 20

Today I offered others



Today I gratefully received



Today I gave myself



Today I learned



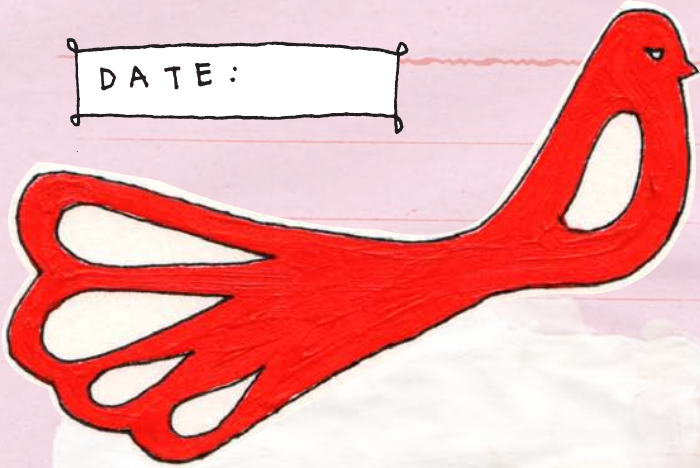
GIVE TIP: Give the Gift of Prayer.

Hold someone in thought, prayer or meditation today. Send positive energy to someone who is having a hard time physically or emotionally.



DATE:

Day 21



Today I offered others



Today I gave myself



Today I gratefully received



Today I learned



GIVE TIP: Respect Your Elders.

Find a way to show your appreciation for one of your elders today. Stop someone on the street and make friendly conversation. Volunteer at a senior center or hospital. Listen to their stories. There is likely a lesson in them for you.



DATE:

Day 22

Today I offered others



Today I gave myself



Today I gratefully received

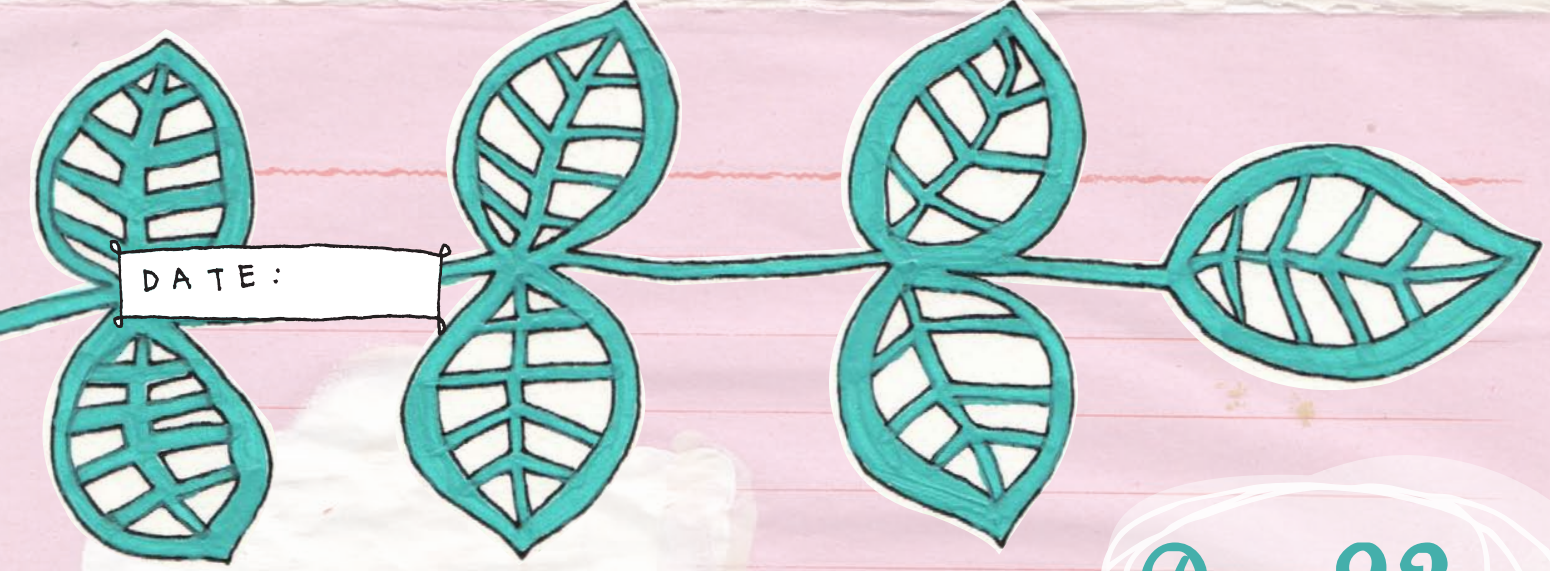


Today I learned



GIVE TIP: Bare Necessities.

If your basic needs are covered, celebrate by helping someone else in need. Buy food for someone who is hungry, pay for a hotel room for someone who is living on the street. Give supplies to the shelters in your area.



Day 23

Today I offered others



Today I gratefully received



Today I gave myself



Today I learned



GIVE TIP: Get Out of Your Comfort Zone. What gift are you most resistant to giving? Evaluate why it feels uncomfortable to share that gift. Reach out to a stranger. Buy lunch for a co-worker you don't know well.



DATE:

Day 24

Today I offered others



Today I gave myself



Today I gratefully received



Today I learned



GIVE TIP: Serve a Service Worker.

Make an effort to acknowledge those waitresses, baristas, clerks, custodians or security guards who are so helpful and necessary. Make eye contact and express your gratitude for them.





DATE:

Day 25

Today I offered others



Today I gratefully received



Today I gave myself



Today I learned



GIVE TIP: Acknowledge Your Lineage.

Your giving spirit came from your ancestors. Call some members of your family today and express your gratitude for all they've taught you. Light a candle for those who have passed on and offer your thanks.



DATE:

Day 26

Today I offered others



Today I gratefully received



Today I gave myself



Today I learned



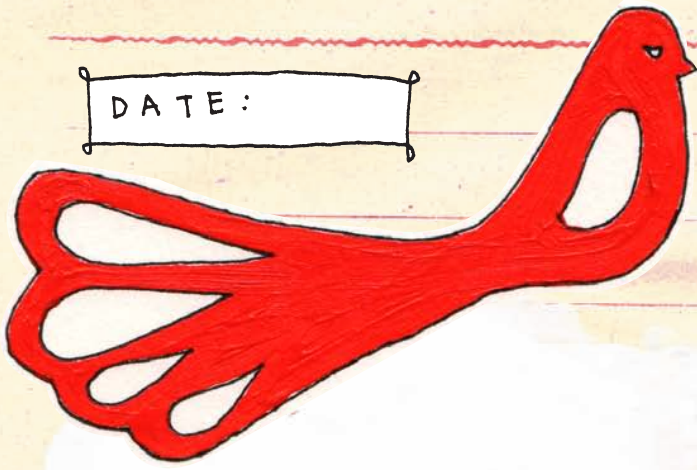
GIVE TIP: Food for Thought.

Give some thought to the friends or acquaintances with whom you've lost touch. Consider why you've let them drift. Invite someone over for dinner and cook for them tonight.



DATE:

Day 27



Today I offered others



Today I gave myself



Today I gratefully received



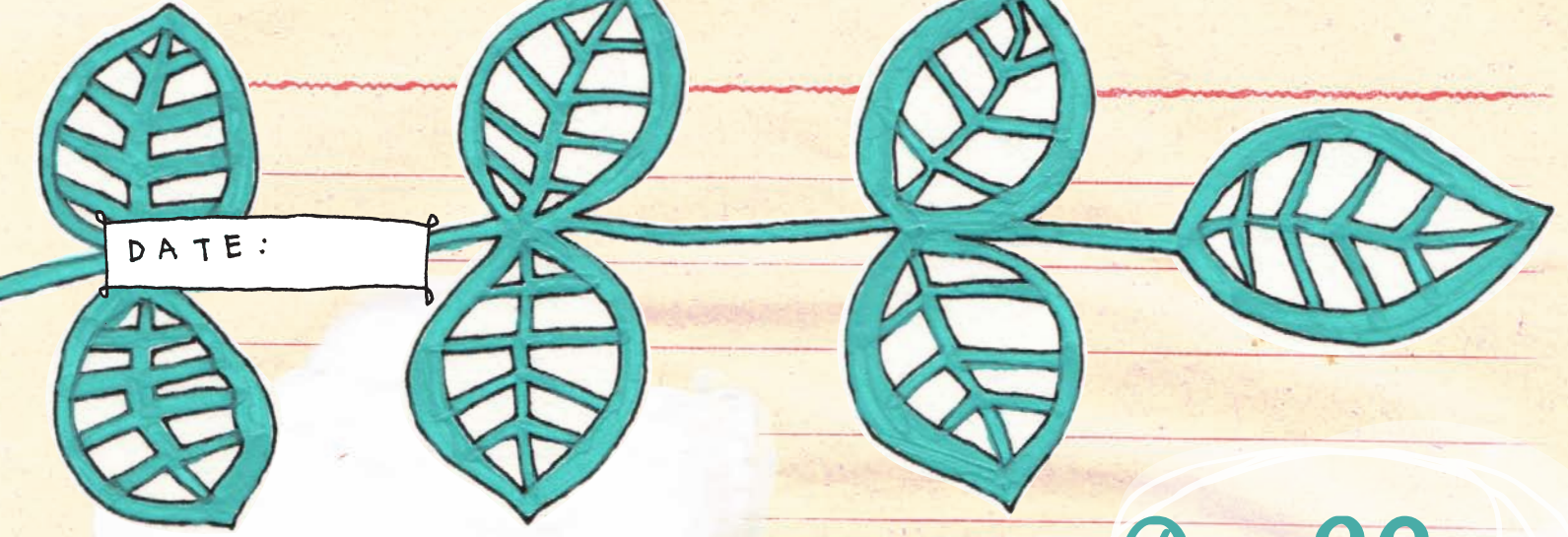
Today I learned



GIVE TIP: Listen Deeply.

Find a friend or co-worker who really needs to talk and listen deeply to them today. Offer no advice. Just listen and bare witness with no interrupting. When they are done talking, express your support so they know they're not carrying their burden alone.





Day 28

Today I offered others



Today I gratefully received



Today I gave myself



Today I learned



GIVE TIP: Share Some Laughter.

Laughter is the universal language of joy. Share a funny story, photo, article, greeting card or joke with someone today and embrace laughing together.

CONGRATS YOU DID IT!

DATE:

Day 29

Today I offered others



Today I gratefully received



Today I gave myself



Today I learned



GIVE TIP: Reconciliation.

Give a gift that feels meaningful to you today. Is there a person you need to forgive? Is there a new friend you want to connect with or something you've been avoiding doing for another person? Take action today from your heart and celebrate giving your 29th gift.



29 Gifts Love Birds

This cute little couple will help you send a message of love to a friend or family member. You keep one bird and pass the other on to someone special. Now you're forever connected as birds of a feather. Each Love Bird comes perched in an individual nest. Our Love Birds are each hand-molded ceramic and fired with love by San Francisco ceramics artists, Sara Prentiss-Shaw and Kate Prentiss.

Set of 2 Love Birds \$29.29



Affirmation Mirror

These handy silver metal compact mirrors carry a special reminder inside. The affirmation, "I am a gift," will reinforce your love for yourself each time you look in the mirror. The top of each mirror is covered in silk and you get your choice of three beautiful fabrics.

\$14.29 or Buy 3 for \$39.29 One in each color. Keep one for you and pass two on to friends.



Affirmation Pendant

This dainty pendant includes the image of a tree to represent change and growth and birds to symbolize freedom. The affirmation, "I am a gift," boldly states a message of confidence and self esteem. Each pendant comes with a 19 inch silver bead chain.

\$29.29 or Buy 2 for \$49.29 Keep one for you and pass one on to a friend.



Affirmation Pins

Affix one of our fun giving spirit campaign buttons to your lapel or handbag and help us revive the giving spirit in the world. People can't help but smile at you when they read the positive slogans.

You are a gift pin \$3.29
 Each day is a gift pin \$3.29



Affirmation Magnets

This brightly colored magnet reminds you that you are a gift each time you walk by your fridge, filing cabinet or wherever you decide to post it.

\$5.29

A percentage of every purchase you make at the 29 Gifts Boutique goes to good causes that make our world a happier place.





Friendship pillow

Designed and hand-sewn by 29Gifter, Karen Meyer, our Friendship Pillows have love in every stitch. The colorful tree and "You are a gift," message will never fail to put a smile on your friend's face. The back of the pillow says "To you with love," and is sealed with the 29 Gifts stamp.

\$49.29



29 Gifts Bookmarks

Mark your spot in your favorite books with our colorful 29 Gifts Bookmarks. Our bookmarks are printed on 100% post-consumer waste paper with soy ink so no virgin trees are harmed during production.

\$1.29

MORE GREAT GIFTS FROM 29 GIFTS MEMBERS



Gift Tags

Join us in a fun game of Gift Tag. Write a kind message on the front of the card and affix it to your gifts. The back side of the card tells the recipient, "You've been Gift Tagged. Now You're It." encouraging them to pass on your kindness to someone new. Our Gift Tags are green printed on 100% post-consumer waste paper and soy ink. No virgin trees are harmed during production. 29 Gift Tags + 3 yards of colorful ribbon come packaged in a re-usable organza bag.

\$9.29



Personalized Medicine Necklace from Medicine Woman, Mbali Creazzo

Based on guidance from the ancestors, Mbali will create a Medicine Necklace that is personalized for you. She will interview you by phone and based on the information you provide, she will create a one-of-a-kind Medicine Necklace with healing qualities unique for you. The design of the necklace is determined by Mbali's intuition and guidance from your session with her so you do not mandate the specific materials or design. Necklaces are all hand-made using semi-precious stones.

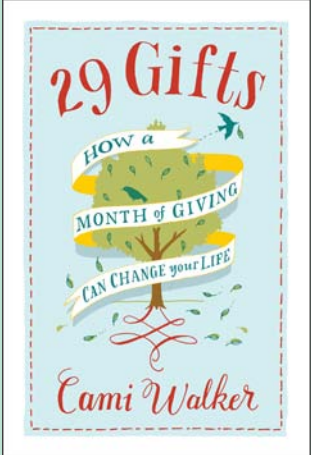
There is a strict No-Return Policy on Personalized Medicine Necklaces. Because each necklace is handmade, it can take between 6-12 weeks from the time your phone interview is conducted for delivery of your completed necklace.

\$149.00





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Read the inspiring story behind the 29 Gifts Movement in the book.
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LIFE LONG

By Cami Walker Design + Illustrations By Kate Prentiss