

# altruism

*Actions for the benefit of others that are motivated internally from values, goals or self-rewards, and not based upon receiving external rewards in return.*

## DISCUSSION QUESTIONS

- 1 Can you think of a time when you have displayed altruism?
- 2 How can we show altruism at work? At home? In our communities?
- 3 How does showing altruism contribute to the well-being of ourselves and others in the workplace?

# TAKE ACTION

- Think of how you can commit a selfless act of kindness for someone in your workplace. Challenge yourself to demonstrate one act of kindness each day for a week, and record them in a journal or a note on your phone as a reminder!
- As a team, think of how you can participate in an act of service in your workplace or community. Take some time to plan and execute this together, and reflect as a group on how it felt to show kindness towards others.

*“Day after day, ordinary people become heroes through extraordinary and selfless actions to help their neighbors.”*  
—Sylvia Mathews Burwell