Journaling Prompts: Charitable Giving as Purpose

These journaling prompts are designed to help retired business owners deepen their understanding of charitable giving as a potential source of meaning, contribution, and renewal after exiting their business.

1. Describe a moment when someone else's generosity changed your life. How does that memory shape your desire to give back?

2. Write about a cause that stirs your heart. What does supporting that cause say about your deeper values?

3. Reflect on how your giving has changed before and after exiting your business. What stayed constant? What shifted?

4. Free-write about the kind of impact you hope your giving will have—on individuals, communities, or future generations.

5. What are your hopes and fears when it comes to aligning your giving with your identity and legacy?

6. Imagine meeting someone who benefits from your support. What would you want them to know about your story—and your ‘why’?

7. Describe what it would look like to feel *energized* by your giving—not just responsible for it.

8. If you could only support one cause for the next 10 years, what would it be—and why?

9. What role does gratitude play in your charitable decisions?

10. How does giving connect you to something greater than yourself?