

## Finding Self After 60

# Day 6 — Give & Belong

Purpose grows when we contribute.

### ***Why this helps***

Helping others boosts mood, belonging, and self-respect—key ingredients for identity after 60. Even small, regular acts create a powerful ‘I matter’ story.

### ***How to do it***

Pick one person or place to support this week (neighbor, mosque/library, school). Decide a 30–60 minute act and put it on the calendar.

### ***Example***

Wednesday 4–5 pm: read with Ali from next door. Friday: help arrange prayer hall mats. Sunday: share extra curry with a widowed auntie.

### ***Activity — Contribution Plan***

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Who I will help

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What I will do (30–60 min)

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When (day/time)

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What I need to prepare

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How I'll know it helped (a small sign)

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