

Giving & Taking.

Which side of the ledger of life are you on?

What we Take, Receive, (Ignore?), Withdraw	What we Give Invest, Respond, Deposit
Life & Positive, Healthy Sustainability	Live (Parenting) Positive, Healthy Suitability
Wages/Money/Compensation	Employment/Value
Freedom	Participation in politics (Voting/volunteering)
Food	Money (growing for those who do)
Love & Nurture	Love & Nurture
Friendship	Friendship
Health	Exercise, healthy nutrition, conscious choice
Education	Taxes, Teaching, Support, Participation in Schools
Community (To the degree that it is positive)	Participation in positive community resources
Environment	Proactive to Committing to a 0 Carbon Footprint
Activities	Activities
Having the door held	Holding the door
Being smiled at	Smiling at others
Receiving compliments	Giving Compliments
Driving on safe roads	Facilitating Proactive Safe Driving (Courtesy etc.)