SHARED ABUNDANCE

CAMPAIGN GUIDE | NOVEMBER 1–30, 2026

WHAT IS SHARED ABUNDANCE?

Shared Abundance is a 30-day invitation to notice what you have - your time, attention, talents, resources, connections and kindness - and find simple ways to share it with others. Each day brings a new activity designed to encourage connection, generosity and positive action.

HOW IT WORKS

1 JOIN

Register for $10 and participate throughout November.

2 OPEN

Each day, open your email to discover that day's activity.

3 ACT

Put the activity into action on your own or with others.

WE PROVIDE THE ACTIVITY. YOU MAKE IT YOUR OWN.

START WITH WHAT YOU HAVE

Shared Abundance is not about spending more money or adding another complicated task to your day. It is about recognizing that we all have something to share. There is no single right way to complete an activity - choose what feels meaningful and realistic for you.

- TIME
- KINDNESS
- SKILLS
- ATTENTION
- RESOURCES
- CONNECTION

SMALL ACTIONS. BIG RIPPLE.

In an experimental study, cooperative behavior cascaded through social networks up to three degrees of separation. That is the idea behind Shared Abundance: one action can influence what happens next.

YOU ACT › SOMEONE IS IMPACTED › THEY PASS IT ON › THE RIPPLE GROWS

Source: Fowler & Christakis, Proceedings of the National Academy of Sciences (2010).

MAKE IT YOUR OWN

SAME ACTIVITY. DIFFERENT APPROACH. SHARED IMPACT.

Shared Abundance can look different for everyone. An activity one person completes individually might become a group project for someone else. Use your people, your resources and your community as the guide.

EXAMPLE ACTIVITY

Show someone appreciation.

ON YOUR OWN

Send a thoughtful text or handwritten note.

WORKPLACE

Recognize a coworker at a staff meeting.

CHURCH / GROUP

Thank volunteers who usually work behind the scenes.

FAMILY

Have each person choose someone to encourage.

PARTICIPATING AS A GROUP?

Workplaces, churches, schools, community organizations, teams and families are encouraged to take Shared Abundance and run with it. You do not need a formal program or committee - use what works for your people.

- Complete activities together.
- Mention the activity at a staff or team meeting.
- Create friendly competition between departments or groups.
- Turn a few activities into larger service projects.
- Display the 30-day tracker in a shared space.
- Invite people to share what they are doing.

SHARE YOUR RIPPLE

Post a photo, tell a story, celebrate your team or encourage someone else to join in. Sharing publicly is always optional - some of the most meaningful acts of kindness happen quietly. Scan the QR code to share your photos!

Scan or click here

A FEW THINGS TO REMEMBER

MISS A DAY?

Just pick back up tomorrow. The goal is participation, not perfection.

GO BIG - OR KEEP IT SIMPLE

A five-minute action still counts.

NO PURCHASE REQUIRED

Your time, attention and talents have value, too.

ADAPT IT

Make each activity work for your family, workplace, organization or community.

MISSION 3:10

Health Council of Northwest Ohio
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