Sheila Love IMPACT-ology Mastermind

“Sheila Love — Where Everything Is Possible”

LESSON 13

Givers Gain

Position	Lesson 13 of 20
Duration	40–50 minutes
Age Group	12–18 years, Liberia, West Africa
Core Idea	The way to grow yourself is to help others grow. Leaving everyone better than you found them is not weakness. It's how increase actually works.

1. LEARNING OBJECTIVES

By the end of this lesson, students will be able to:

1. Explain the idea of Givers Gain in their own words

2. Connect it to the concept of Ubuntu

3. Practice leaving someone with a genuine feeling of increase this week

4. Recognize the desire for increase as something shared by all living things

2. OPENING HOOK (5 minutes)

Ask: “Think of the last time someone did something small for you that made your whole day better. What was it?”

Take two or three quick answers.

> “Now. Did it cost them very much to do it?”

Usually, no. That gap is today's whole lesson.

3. CORE CONTENT

The Desire for Increase

Every living thing wants more. More food, more shelter, more knowledge, more life. This isn't greed. It's the basic pulse running through all of nature.

Where increase stops, things start to wither. People instinctively know this, which is why everyone, everywhere, is quietly seeking more of something.

Leave Them Better

'Givers Gain' means the way you grow yourself is by helping other people grow. Not as a trick, not as a transaction. As a genuine habit.

Leave every person you deal with better for having met you. Not necessarily richer. Sometimes just lighter, or more hopeful, or more seen than they were a moment before.

Ubuntu

There's a word from Southern Africa that captures this precisely. Ubuntu. I am because we are.

It says your own wellbeing is tied to everyone else's. Not instead of caring for yourself. Alongside it.

4. STORY: ‘THE EXTRA HANDFUL’

THE EXTRA HANDFUL

Korto sold rice, beans, and pepper at her mother's stall most afternoons after school, the same stretch of road her mother had worked for over a decade.

There was an old woman, Ma Wokie, who came by most weeks to buy a small amount, always counting her coins twice before handing them over, always a little short of what she probably needed.

Korto's mother had never said anything about it directly, but Korto noticed she always scooped a little extra into Ma Wokie's bag before closing it, more than the coins technically paid for.

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One afternoon, Korto was minding the stall alone, and Ma Wokie arrived, counting her

coins the same careful way.

Korto found herself doing what she'd watched her mother do a hundred times, without deciding to. An extra handful of rice, into the bag, before Ma Wokie could object.

“That's too much for what I paid,” Ma Wokie said, noticing.

“It's what's here,” Korto said, which wasn't quite an answer, and they both knew it.

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Ma Wokie studied her for a moment. “Your mother does this too. Every time.”

“I know,” Korto said. “I never asked her why.”

“Did you need to ask?”

Korto thought about it. She hadn't, actually. She'd just understood it, the way you understand a thing by watching it done well enough times.

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Weeks later, Korto noticed something she hadn't expected. Ma Wokie had started bringing a little extra to the stall herself, sometimes a few leaves from her own small garden, sometimes just an extra minute of conversation and a genuine question about how Korto's studies were going.

Nothing about the stall had gotten richer. But something about the afternoons had gotten fuller, and Korto found she looked forward to Ma Wokie's visits now, in a way she hadn't before.

She didn't have a name for the trade that had happened. It didn't feel like it needed one.

5. ACTIVITY (10 minutes)

Materials: any paper, any pen or pencil.

1. Write down one person you interact with regularly who could use a feeling of increase, a customer, a classmate, a family member.

2. Write down one small, genuine thing you could give them this week, not necessarily money. Time, attention, encouragement, or something small and physical.

3. Write down what you think Ubuntu, 'I am because we are', means in your own life specifically.

4. Commit, on paper, to doing the small thing you named before the next lesson.

6. DISCUSSION QUESTIONS

1. What's an example of Givers Gain you've witnessed, the way Korto watched her mother?

2. What does Ubuntu mean to you, in your own words?

3. Why do you think helping someone else grow also grows you, rather than just draining you?

4. What is the small thing you're committing to do this week?

7. FACILITATOR NOTES

Keep the activity's commitment concrete and small. Grand promises rarely get kept; a small, specific act usually does.

This lesson can surface generosity already happening in students' own families, as with Korto's mother. Invite those examples out loud.

Watch for students turning this into a transaction ("I'll be nice so I get something back"). Gently redirect toward the genuine version.

Follow up briefly at the start of the next lesson: ask who completed their commitment, without pressuring anyone who didn't.

8. BRIDGE TO LESSON 14

Before students leave, ask:

"If you get an unwanted result over and over, something is triggering it every time. How do you think you'd go about finding that trigger?"

Let them guess.

"We start hunting for it next time."