

Would You Be Willing Activity

Sacrifice means giving up something to gain a greater good – either for yourself or for someone else. It may require putting someone else’s needs before your own. What sacrifices are you willing to make? The chart below lists actions that require sacrifice. Reach each one and write one or more positive results that might come from making the sacrifice. Then decide how easy or difficult it would be for you to make each sacrifice. For each sacrifice enter a “Difficulty rating” between 1 and 5, using the small chart to determine the rating.

1	I could do this easily
2	I could do this somewhat easily
3	I’d have some difficulty doing this
4	I’d find this very difficult to do
5	I don’t think I could do this

Sacrifice	Positive Results	Difficulty Rating
Volunteering to work in a homeless shelter or soup kitchen		
Standing up for a classmate when others make fun of him or her		
Giving up soft drinks or other sweet treats for Lent		
Donating part of your allowance to a church or a charity every week		
Baby sitting for a neighbor who cannot afford to pay you		
Skipping a classmates’ party to attend a family member’s party		
Getting up early to help with household chores		