

# Quest for Altruism — Peer Connection Handout

JUNE 2026 | EDITION 1

*"Exploring the philosophy of giving, growing, and connecting — one conversation at a time."*

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✦ SECTION ONE

## What Is the Quest for Altruism?

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The Quest for Altruism is an educational and philosophical initiative dedicated to exploring what it truly means to live a life oriented toward the well-being of others. It is not a curriculum with fixed answers, nor a program with prescribed outcomes. It is, at its heart, a shared journey — an open-ended inquiry into one of humanity's oldest and most vital questions: *Why do we give, and what does giving make us?* Participants from all walks of life are invited to reflect, converse, and grow alongside one another in a spirit of genuine curiosity and mutual respect.

This initiative draws from a rich tradition of thought spanning centuries and disciplines. From Aristotle's virtue ethics — which places generosity and civic friendship at the center of the flourishing life — to the modern movement of effective altruism pioneered by thinkers like Peter Singer, philosophy has long grappled with how we ought to relate to one another. The project also draws on the psychology of meaning-making articulated by Viktor Frankl, whose work reminds us that a life lived in service to others is among the most resilient and purposeful lives a person can lead. Positive psychology, community wisdom, and contemplative traditions from around the world further inform the conversations we hold together.

Two community spaces make this initiative possible. **AltruismAllies** is a peer community platform where individuals gather to exchange ideas, share resources,

and support one another's growth as givers and thinkers. **RelaxingOne.com** is a wellness-focused platform offering tools for reflection, mindfulness, and intentional living. Together, they provide the infrastructure — the library, the conversations, the reflective guides — that makes The Quest for Altruism not just an idea, but a living practice available to anyone who is curious.

It is important to name what this project is *not*: it is not therapy, not a clinical support group, and not a prescriptive program. It is a shared exploration of ideas, values, and human connection. Every participant engages at their own pace. There is no pressure to share beyond your level of comfort, no right answers to seek, and no performance expected. You are welcome here exactly as you are — with your questions, your uncertainties, and your genuine desire to understand what it means to live generously in the world.

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✦ SECTION TWO

## Suggested First Meeting Agenda — 60 Minutes

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This agenda is offered as a gentle guide, not a rigid structure. Facilitators are encouraged to adapt timing based on the group's natural rhythm.

Time	Activity	Notes for Facilitator / Participants
0-5 min	<b>Welcome &amp; Introductions</b>	<i>Share your preferred name and one word that describes why you are here today.</i>
5-10 min	<b>Ground Rules for Dialogue</b>	<i>Listen to understand, not to respond. Speak from your own experience. Honor silence. Offer no advice unless explicitly invited.</i>
10-20 min	<b>Opening Reflection Read-Aloud</b>	<i>Facilitator reads a brief passage on altruism</i>

<b>Time</b>	<b>Activity</b>	<b>Notes for Facilitator / Participants</b>
		<i>drawn from the session guide. Participants listen without note-taking — simply receive.</i>
<b>20-35 min</b>	<b>Pair or Small Group Share</b>	<i>Respond to the Connection Prompt of the day (see Worksheet below). Pairs or groups of three share freely. No cross-talk during sharing.</i>
<b>35-50 min</b>	<b>Full Group Reflection</b>	<i>What themes emerged? What questions arose? The facilitator gently surfaces patterns without directing conclusions.</i>
<b>50-55 min</b>	<b>Closing Intentions</b>	<i>Each person shares one word or one small action they are carrying forward from today's conversation.</i>
<b>55-60 min</b>	<b>Logistics &amp; Next Steps</b>	<i>Upcoming session dates, AltruismAllies Library resources, and RelaxingOne.com tools are shared with the group.</i>

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✦ SECTION THREE

## **Seeds of Thought — Quotes to Carry**

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These words are offered not as conclusions, but as companions for the road. Return to any of them when you need grounding, inspiration, or a fresh perspective.

*"The purpose of human life is to serve, and to show compassion and the will to help others."*

— **Albert Schweitzer**

*Physician, theologian, and Nobel Peace Prize Laureate (1952); founder of the "Reverence for Life" ethical philosophy*

*"For the world is in a bad state, but everything will become still worse unless each of us does his best. So, let us be alert — alert in a twofold sense: Since Auschwitz we know what man is capable of. And since Hiroshima we know what is at stake."*

— **Viktor E. Frankl**

*Man's Search for Meaning (Postscript, 1984); Austrian neurologist, psychiatrist, and founder of logotherapy*

*"Attention is the rarest and purest form of generosity."*

— **Simone Weil**

*French philosopher and mystic; from her letters and notebooks on compassion and moral attention*

*"If it is in our power to prevent something bad from happening, without thereby sacrificing anything of comparable moral importance, we ought, morally, to do it."*

— **Peter Singer**

*Famine, Affluence, and Morality (1972); Australian moral philosopher and proponent of effective altruism*

*"Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them."*

— **The 14th Dalai Lama, Tenzin Gyatso**

*Tibetan Buddhist spiritual leader and Nobel Peace Prize Laureate (1989); author of **The Art of Happiness***

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✦ SECTION FOUR | WORKSHEET

## **My Quest for Altruism — Personal Reflection Worksheet**

*Take your time. There are no right answers. This is your space.*

Preferred Name (optional): \_\_\_\_\_ Date:

\_\_\_\_\_

**1.**

*What first drew you to the idea of living more altruistically — was it a moment, a person, or a feeling?*

**2.**

*Describe a time when you helped someone without expecting anything in return. How did it feel — before, during, and after?*

**3.**

*What does "giving" mean to you beyond money or material things? What forms of giving feel most natural to you?*

**4.**

*What inner barriers — fear, exhaustion, doubt, or past experience — have ever gotten in the way of your desire to help?*

**5.**

*Who in your life models altruism well? What qualities do you admire most in them?*

**6.**

*How do you practice self-care or renewal so that you can continue to give without burning out?*

**7.**

*If you could contribute to one cause or community in a lasting way, what would it be — and why does it call to you?*

**8.**

*What one small, specific act of altruism could you commit to in the next 7 days? Name it as concretely as you can.*

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✦ SECTION FIVE

## Continue Your Quest

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The conversation does not end here. Below are the primary resources available to every participant in The Quest for Altruism. All tools and readings are offered in the spirit of invitation — explore what speaks to you.

**RelaxingOne.com** — Wellness tools, guided reflection prompts, mindfulness resources, and community conversation spaces. Visit to access printable guides, audio reflections, and upcoming session information.

**AltruismAllies Library** — A peer-curated collection of readings, recorded dialogue sessions, facilitator guides, and topic-focused resource bundles. All materials are freely available to community members.

## Suggested Readings

- *Man's Search for Meaning* by Viktor E. Frankl — A foundational text on purpose, suffering, and the will to give meaning through service to others.
- *The Life You Can Save* by Peter Singer — A contemporary philosophical argument for effective altruism and the practical ethics of helping others.
- *The Art of Happiness* by the Dalai Lama & Howard C. Cutler, M.D. — A dialogue on compassion, inner peace, and the relationship between generosity and well-being.

A note on this handout:

*This document may be freely printed, shared digitally, or stored in the AltruismAllies Library. It is an educational resource produced for peer dialogue and personal reflection. It is not a clinical document, and it does not constitute therapy, counseling, or medical advice of any kind.*

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Questions or contributions? Visit **RelaxingOne.com** or connect through **AltruismAllies**.