



**“There’s more happiness in giving than there is in receiving...”**

Although these words ring true any time of the year, many people have giving on their mind at this particular time of year.

**Discussion:**

- Why are the above words true for you?
- What is one of the greatest gifts you have ever given?...Ever received?
- What does an activity like this have to do with staying sober?

**Open your heart and mind and use your imagination to complete the following.** (Where you can, be creative and try to think beyond just gifts involving money)

1. If you had unlimited resources, pick 3 people that are special to you and explain what you would give to them:

Person 1 \_\_\_\_\_ Gift \_\_\_\_\_

Person 2 \_\_\_\_\_ Gift \_\_\_\_\_

Person 3 \_\_\_\_\_ Gift \_\_\_\_\_

2. If you could give any one stranger a gift of any kind, whom would you pick and what would you give them? \_\_\_\_\_

\_\_\_\_\_

3. If you could give a gift to the world, what would it be? \_\_\_\_\_

\_\_\_\_\_

4. If you could give any gift to yourself of any kind, what would you choose? \_\_\_\_\_

\_\_\_\_\_

5. What are three things that you have today that you are grateful for?

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_



6. Who, if anyone do you have to thank for the above things listed in #5? \_\_\_\_\_

\_\_\_\_\_

**Final Exercise:**

Look around at everyone in this room. If you could give any one thing (besides money) to each person here, what would you give (be creative)

Name \_\_\_\_\_ Gift \_\_\_\_\_

Name \_\_\_\_\_ Gift \_\_\_\_\_

Name \_\_\_\_\_ Gift \_\_\_\_\_

Name \_\_\_\_\_ Gift \_\_\_\_\_

Name \_\_\_\_\_ Gift \_\_\_\_\_

Name \_\_\_\_\_ Gift \_\_\_\_\_

Name \_\_\_\_\_ Gift \_\_\_\_\_

Name \_\_\_\_\_ Gift \_\_\_\_\_

Name \_\_\_\_\_ Gift \_\_\_\_\_

Name \_\_\_\_\_ Gift \_\_\_\_\_

Name \_\_\_\_\_ Gift \_\_\_\_\_

Name \_\_\_\_\_ Gift \_\_\_\_\_