



## **Giving the Gifts of Values and Virtues**

As a group discuss ways you would give these special gifts. There are two discussion areas for each topic. Discuss both:

**A = Give the gift to yourself**  
**B = Discuss the gift as a Group**

### **The gift of TRUTH**

A – You can know the absolute truth about any one thing; What do you choose?

B – For this group: Share something true about you that you have not shared before. It could be a fact about yourself or something that you think or feel or any other truth that you can think of to share.

### **The gift of COURAGE**

A – If you could give yourself unwavering courage to take on or face one challenge successfully which one would you choose?

B – For this group: Is there anyone in the group who did something that you feel took courage?

### **The gift of PEACE**

A – If you could guarantee yourself one day of the highest possible level of peace and serenity what would you do with that day?

B – Is there anyone in this group who has a difficult situation whom you wish peace for? Explain

### **The gift or MERCY**

A – If you could have relief from one thing causing you emotional or physical pain, what would you choose?

B – Who in the group do you wish could have merciful relief from something causing them physical or emotional pain?

### **The gift of JOY**

A – What is one happy, but realistic experience that you wish you could have?

B – What is a happy experience that you would hope one of your group members can have in their future?

### **The gift of GOODNESS**

A – We all have some tendencies toward things that may not be so good. If you could overcome cravings, desires, or temptation in any one area that gives you trouble, what would you pick?

B – What is something good about another group member here today?



### **The gift of HEALTH**

A – If you could improve one aspect of your health, what would you pick?

B – If you could do the same for another group member whom would you pick and how would you help them?

### **The gift of WISDOM**

A – If you could know the best possible outcome of a difficult decision in your life, which situation would you want that wisdom for?

B – What is something that one of the other group members did that you think was a wise decision?

### **The gift of JUSTICE**

A – Everyone has an unfair or unjust situation in their life or their history. If you could instantly resolve any one situation in your favor, which would you choose and why?

B – If you could resolve a legal situation for one of your group members which one would you choose?

### **The gift of CREATIVITY**

A – If you had the time and resources to make any gift for yourself what would you create?

B – If you had the time and resources to make a gift for any other group member here, what would you make and for whom would you make it?

### **The gift or PURPOSE**

A – If you had the ability, opportunity, and resources needed to select your own purpose for the rest of your life, what would you choose for yourself?

B – If you could do the same as above but for another group member whom would you choose and what purpose would you select for them?

### **The gift of LOVE**

A – If you could enhance one thing or quality that you love about yourself which would you choose?

B – If you could give a group member an opportunity to have more of something that they love in their life, whom and what would you choose?

**OPEN ENDED CHOICE – One last one: You can give any gift in the universe (or beyond) that has not already been discussed, to yourself and to one group member. *What do you choose for:***

*Yourself:*

*Another Group Member:*



### Additional Group Closing Discussion Questions:

**Of all the gifts you either gave yourself or received from another group member, which one stands out the most to you and why?**

**What are one or two of the gifts discussed in this group today that you can really make true for yourself if you put the time and effort into making it reality in your life one day?**

### **GIFTS YOU CAN GIVE TO YOURSELF ANY DAY, ANY TIME OF YEAR:**

Honesty - Look at yourself in the mirror and honestly admit what you really think and what you really feel

Boundaries - Allow yourself to set a limit and say "no" or "enough" so that you can have peace and allow yourself time to find balance and peace

Compassion - If you make a mistake, fall short, or feel disappointed, allow yourself some warmth and understanding to ease any self doubt or self criticism

Gratitude - Take time to appreciate what you have and what you have done well

Hope - Think positively about something that you know can and will change for the better in your life if you do not give up trying

Peace - Carve out some time each day to do something mentally and physically relaxing that allows you a break from the grind

Love - Put any negative and critical thoughts to the side and instead do or say something loving to yourself and to someone else, or both - and feel better for it

