



## Costless Complements, Gratis Gratitude and other Gratuitous Giving

Giving is on many people's mind this time of year. Giving is a truly a wonderful thing. In fact the old saying "There is more happiness in giving than in receiving" still rings as true now as when it was first said. For a few minutes forget about presents that can be bought at a store or online. Also, you surely are familiar with the old (but true) cliché about "the things that money cannot buy" like love, integrity, trust, etc. Those gifts are important too, but for now let's keep things from getting too existential and abstract. Rather, let's just consider some basic free gifts that we can give to others that are easy, clear and simple.

Below are some examples of free yet practical gifts that you can give to make someone else's life a just a little bit better – any time of the year

**Read each example below. Then and select 1 or 2 by coming up with your own specific example**

**Praise** – Praise can be a very powerful gift when given to someone who cares about your opinion and when given in a sincere and caring way

Ex: "I'm going to make sure to let my wife know that she is a beautiful woman in my eyes"

"I am going make sure to let my son know how proud I am of him"

**"Random Acts of Kindness"** – Just do something nice for someone for no reason at all

"The next time I see someone struggling or stressed out at the super market or store I am going to let them go ahead of me on the line"

I am going to clean out and reorganize my family member's closet for them as a surprise

**The Gift of Gratitude** – When expressed from the heart, a sincere thank you can be a wonderful little gift

"I am going to stop and say thank you to the security guard at my work for making me feel safe"

"I am going to leave a personalized thank you letter to the people who clean my office for doing such a great job"

**Time & Attention** – People love attention and it's free to give

"I am going to go visit my parents and just let them talk for a while"

"I am going to sit and watch one of those shows or movies my partner loves so much and I will let them try to explain it to me"

**Creativity** – Kids who don't have money often make things as gifts. It can work for grownups too

"I am going to make my friend an awesome playlist of some of her favorite songs"

"I am going to design an interesting post on social media with some old pictures of my best friend and I doing fun stuff together"

**Other** – Do you have another idea not already listed?



**Process as a Group** – Which ideas did you select and what were your personal ideas for giving?

**Group Challenge** – Pick a time when the group will meet again. Can everyone try to do one thing by then and discuss?

**All Year Round Challenge** – You can increase your happiness by increasing your giving spirit, all year round. What area can you work on? (Praise, Kindness, Gratitude, Time & Attention, or Creativity?)



**ALTERNATE GROUP GIVING ACTIVITY ON THE FOLLOWING PAGE:**



**“There’s more happiness in giving than there is in receiving...” – GROUP GIVING ACTIVITY**

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 \_\_\_\_\_

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

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

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

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