

Giving Your Gift...

To Yourself!

Within the idea of “giving your Gift, living On Purpose and creating the Vision you have for a better self and world”, the Gift component is perhaps the most abstract.

- Your Gift is the fuel.
- Purpose is the Thrust.
- Vision is your compass.

The most important person to learn to give your Gift to... is YOU!

Considering that your Gift is the fuel, when your cup runneth over, you naturally give it to others. On the other hand, when you are out of fuel you can't give your Gift to anyone.

Contrary to popular belief, it is not selfish to take care of yourself. It is, in fact, responsible and very powerful to learn to fill your own cup with the best of yourself!

I have been asked thousands of times, “just how do I give my Gift to myself”?

Well, you will just have to learn how, won't you?

I can help.

Here is a simple practice you can use to start learning to give your Gift to yourself.

Let's say the words you chose as your Gifts are Freedom, Love and Joy.

It might be worded like this: *“I am here to give the Gifts of Freedom, Love and Joy”*.

Start by asking yourself this question:

→ How would I give the Gifts of Freedom, Love and Joy... to myself, today?

Complete these sentences with things YOU can do with and for yourself.

I would feel Freedom if I _____.

I would experience Love if I _____.

I would feel Joy if I _____.

Come up with specific actions YOU CAN DO TODAY that are an expression of giving this Gift to yourself.

For example:

- I would have a sense of Freedom if I ... spent the money and got my car cleaned.
- I would experience Love if I... took the time to make my bed and put the pillows just right. - OR – change the sheets so it feels fresh when I go to bed. -OR- go and treat myself to a favorite meal.
- I would feel Joy if I... wrote a thank you card to someone I love, just for being them, and sent it.

These are ways you could give your Gift to yourself On Purpose Now.

You see, these do not have to be profound things. You want to simply start training your Thought, Energy and Action to give your Gifts to yourself first and foremost. Then, when your cup runneth over, you will naturally find yourself giving your Gift unexpectedly.

After a while of doing this in practical and tangible ways, you will start to feel the essence and spirit of your Gifts and the presence of them will permeate your existence. It is a fascinating learning adventure.

Try to do the exercise above at least 3 times this week and follow through with your actions. You might find you'd like to experience giving yourself your Gift everyday. You may even discover that there is such inner abundance of your Gift, that the more you give it to yourself, the more you have it for others and the more you get it for yourself. Who knows, you may even lose all sense of entitlement and stop expecting someone else to full-fill you because you are doing it so well yourself!

Go ahead. Give your Gift to yourself today. You are worth it!

Complete the following, and then do it today!

I could give myself the Gift of _____ by _____.

I could give myself the Gift of _____ by _____.

I could give myself the Gift of _____ by _____.

PRINT THIS OR SAVE IT ELECTRONICALLY AND REVIEW IT AT LEAST 3 TIMES THIS WEEK.

