

# Exercise on Drawing Out Gifts (one session)

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*(source unknown)*

1. For groups of 4 to 8 people who know each other fairly well (more than 8 people usually takes more time than can be done in one session). Needed: 3 x 5 cards, pens & pencils
2. Give each person one 3 x 5 card for each person in the exercise.
3. Divide the total time available between the number of people present. This is the total amount of time for each person to be the focus person.
4. Ask someone to be time-keeper so that each person gets equal time.
5. Each person will have a turn to answer the key question: "Take xx minutes (1/3 of the allotted time per person) to describe doing something which gives you joy."
6. Start with a reflective silence. Out of this silence, one person may begin the sharing.
7. After a person has described what gives her/him joy the allotted time per person) to write on a 3 x 5 card what gifts they see in that person based on what has been shared. The focus person may also do this.
8. People then articulate to the focus person the gifts they wrote about. (This is the final third of the allotted time per person).
9. Cards with gifts written are given to the focus person.
10. If there is time after everyone has had a turn, people may share their feelings about the exercise.
11. Close with silence.

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