



## Giftng Circle Guidelines

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*(Explained at the end of the Being Seen training)*

**Intention:** Create a safe space to BE SEEN for fully giving your gifts and receiving other gifts.

**Create a post** in the forum showcasing 3 of your high-value gifts in any way you choose. It could be 3 bullet points, longer descriptions, pictures or any way you want to describe your gifts.

### **Two ways to play:**

Check out everyone's post so you are familiar with their gifts. Trust your intuition and choose someone, and ask to receive one of their gifts. Be to the point in your ask, "I need help with this project and could really use your gift of empathy, creative expression, clarity..." or whatever they have listed the gift to be.

**To give and receive the gift:** You may do so in the forum, on the phone, video conference, email, or in person. Be respectful of how the giver wants to give the gift.

**Receivers:** Practice the 3 steps to receiving and do so in the forum, even if you have done so in another format, so that we can all learn and witness. This can also be done with a video.

Others in the Circle can jump in and appreciate the giver too.

If you see someone in the forum post something that you can help them with by giving one of your gifts feel free to do so. Receivers practice the 3 steps to receiving.

If you need help with something you can just post and ask that anyone who feels they have a gift that will help, to gift you.

This is a huge potential for growth this month in being seen.

Let's Shine!