

Gifts That Keep On GIVING

.....A *GUIDE* TO..... CONSCIOUS *gifting*



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In a world that is preoccupied with commercialism and the accumulation of “stuff” perhaps it's time to rethink gift-giving with a conscious and mindful approach. Conscious gifting offers benefits not just for the receiver, but the giver as well. It creates a sense of interconnectedness and purpose that in turn, creates a ripple far beyond the initial exchange. In addition, it prioritizes human experiences over material possessions and shifts our thinking from “Me to We” as our gift impacts the many over one. It also allows us to not be overwhelmed with the “task” of shopping, crowds, parking lots and overspending, all of which can lead to increased stress, anxiety, headaches, tension and lack of energy. It enhances our overall well-being by creating a sense of happiness and peace, knowing that the welfare of others has been positively impacted by our choices. The benefits of conscious gifting as a life choice can have long-lasting effects on our well-being both physically and mentally which creates a more joyous and peaceful life. Let's not forget that it also helps reduce clutter and, in many cases, saves items from ending up in landfills!

PRACTICAL TIPS FOR CONSCIOUS GIFT GIVIN

Ask Questions

Find out what charities and organizations the recipient has an interest in. Is there a particular cause that they are passionate about? This will automatically create a connection and will ensure the gift is meaningful.



INVESTIGATE CHARITIES

Give to charities that you can trust. Take the time to research and investigate charities and local causes. Review their mission statement, focusing on organizations with transparent financials and minimal overhead.

TAKE TIME TO CUSTOMIZE

Take some extra time to add a personal touch by creating a personalized gift card or certificate. Detail the impact the gift will have and the reasons you chose it. This will add a unique touch and create a keepsake as a reminder.

TAKE TIME TO REFLECT ON THE IMPACT OF YOUR CHOICE

Take a moment to sit and really reflect on the ripple your conscious gifting is creating in the world. Think of who and what will be affected by making this one choice. Notice how it makes you feel? What thoughts run through your mind? This reflective exercise can create a sense of purpose through your giving and a profound sense of well-being from your mindful good deed.

The impact of conscious gift-giving is far-reaching. Whether it is to a children's charity, hospital foundation, environmental cause or local food drive, never

underestimate the power of your choice to shift from material to mindful gifting. It changes our focus from "things" to the pure joy of caring for something and/or someone other than ourselves. We can also take pride that we are contributing to a more compassionate mission of joy for our global community, knowing that we are all truly united as one.

It's always about taking small, but steady steps forward by making small, yet powerful changes each day. Don't get overwhelmed, just keep taking that next right step...*it simply begins with you!*



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