

Gift Giving Yoga

The 4 Stages to give gifts from the Heart.

Did someone think they gave you the perfect gift, but it is far from what you actually wanted? What would have happened if they had asked you the right questions, so they knew exactly what you wanted? Follow the **4 Stages** to cut your shopping time down by half, spend even less money on even more meaningful gifts, and get the perfect gift every time.

Stage 1

Identify with why you want to give the perfect gift. Is it...

- Because someone else has given so much to you?
- To show your gratitude and appreciation?
- To feel even better than the person receiving the gift?

TIP: The more compelling the why, the more emotion, the easier it is to identify!

Stage 2

Associate to the experience of giving. If you gave the perfect gift...

- What would it look like to give that gift to someone really special?
- What would they say?
- What would they do?
- How would you feel?

TIP: If you can see and feel it, you can find it.

Stage 3

Clarify who is receiving this perfect gift. Ask your self...

- Who this person is? What is their passion? What excites them?
- What gifts that cost nothing can be the most valuable? What is priceless to this person?

TIP: Knowing the person and the meaning behind the gift opens creativity.

Stage 4

Focus on how you are giving the perfect gift. Think through...

- What is the ideal wrapping: a box or a bag, a hug or a card?
- Understand what do you want to say through giving it.

TIP: We often overlook the most important people in our lives.



Golden Rule – Do unto others as you'd want done unto you.

Platinum Rule – Do unto others as they would want done unto them.

For more information about Gift Giving Yoga or other resources contact us (cp@aimleadership.com) or visit www.http://aimleadership.com/aim-resources/ebooks1. Focusing on both creative services and achieving the results, AIM clients achieve outstanding results.

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