



The 4D Experience Presents:

Self as a Purposeful Gift

4D CONNECTION	OBJECTIVE 1	OBJECTIVE 2	OBJECTIVE 3
Advancing intellectual growth Exploring character Promoting well-being Pursuing careers and lives of purpose	Develop a personalized understanding of purpose in the context of your life	Identify spaces and opportunities to lean into your purpose	Learn strategies for ongoing self-exploration and questioning that may help to center your purpose

Introductions

What is one of the best "gifts" you have ever received and why?

You may interpret "gifts" as you wish, whether this is a present someone bought you, something invaluable, a gesture, an inheritance, a positive and/or difficult life event, or anything else that has come to you.

Self As a Gift Exercise

Imagine yourself as a gift to the world. Follow the prompts below to reflect on and craft your gifts.

PROMPTS

REFLECTIONS

If you are a gift to the world because of your unique personhood, skills, talents, and experiences how would you describe the gift that you offer or that you are?

Using the provided supplies, choose materials that represent you and your gifts. In order to represent the meanings behind your gifts, you might consider:

- Are you a gift bag or box?
- How are you (un)wrapped and embellished?
 - How do the design, colors, shape, or size represent your gifts?
 - What is the meaning behind the tissue paper or "stuffing?"
 - Does your gift appear "professionally wrapped" or "hastily thrown together?"
- What is on your gift tag?
 - **To** whom is your gift ?
 - **From** whom is your gift ?
- What do you imagine to be inside the gift box or bag?
- Where did you get this gift?
- Are you "re-gifting" this present in any way?
- Are you "hiding" this gift?
- Does the wrapping "trick" potential receivers of the gift?

How do the materials that you chose for your gift reflect your sense of purpose?

Sharing Your Gifts

Once you have completed your "gift," respond to the following prompts with a partner or in a small group.

1. Share the "gift" you created and its meanings, along with any of your reflections from above that you would like.
2. How, where, and/or when do these gifts and your purpose show up in your professional and/or personal life?

The Weight of Gift Giving

Giving our gifts to others can be rewarding, but also challenging. Circle the "weights" that resonate with you and/or fill in the blanks with other challenges.



My gifts lead to burnout.	My gifts "don't pay the bills."	My job doesn't allow me to use my gifts.
I know what my gifts are, but I don't enjoy giving them.	Others aren't appreciative of my gifts.	I don't have enough time to give my gifts in the way I would like.

Looking a Gift Horse in the Mouth?

Use the table below to 1) document realizations, key ideas, and take-aways from our activity and discussions today, 2) take note of "key questions" to ask yourself in relation to those realizations, and 3) set goals or take actions that will allow you to give your gifts and live your purpose.

For On-going Reflection

REALIZATIONS	KEY QUESTIONS	ACTONS TOWARD LIVING MY PURPOSE
Example: I don't spend enough time using my gifts to feel like I am living my purpose.	Example: How can I make more time for being creative and crafting?	Example: Incorporate arts-based assignment into Fall 2023 course.

Closing: The Gift of Gratitude

Fill in the blanks of the following letter in gratitude for your purpose and "giftedness." You might write this letter to an individual person,

**your family, living thing, higher power, experience, individual trait,
etc.**

Dear _____,

Thank you for _____

Because of you, I know that my purpose is _____

Giving my gifts to the world can be hard. During these times I will remember _____

I am forever grateful to you and want you to know _____

With deep appreciation,

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