



The 12 Gifts of a Gift Mindset®



[www.reneegiarrusso.com](http://www.reneegiarrusso.com)

Unwrapping The 12 Gifts  
of a  
Gift Mindset



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[reneegiarrusso.com](http://reneegiarrusso.com)

[giftmindset.com](http://giftmindset.com)

E: [admin@reneegiarrusso.com](mailto:admin@reneegiarrusso.com)

P: +61 390159444

## The 12 Gifts of a Gift Mindset®



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# The Gift Mindset Wheel

The Gift Mindset® Wheel is a simple way to see your current position in relation to each of the 12 Gifts.

Place a dot where you currently sit in **EACH OF THE GIFTS that are explored in the hard copy and audio version of the Gift Mindset book.**

## Refer to the three A's:

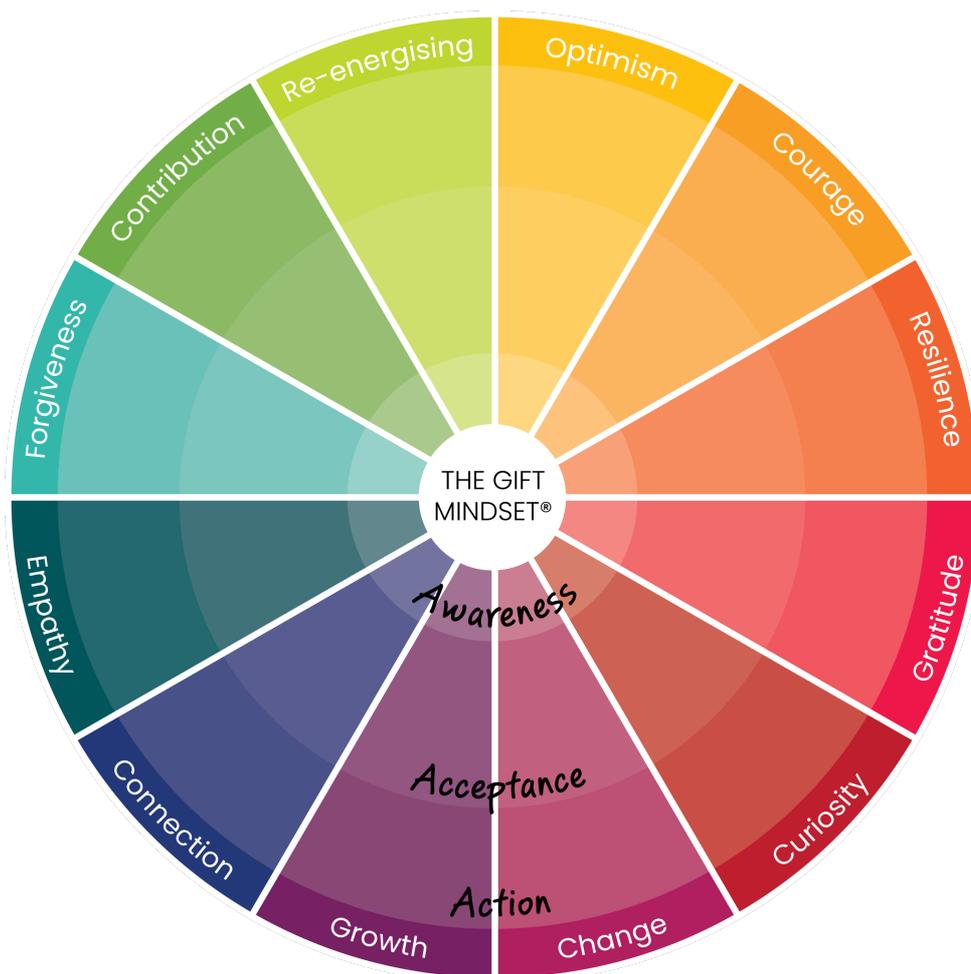
1. Awareness of the event
2. Acceptance of the experience
3. Action on the lessons

A great way to do this is to rate each gift. Imagine the centre of the wheel as 1 and the outer edge as 10, (1= little awareness and 10 = high awareness and action).

For example:

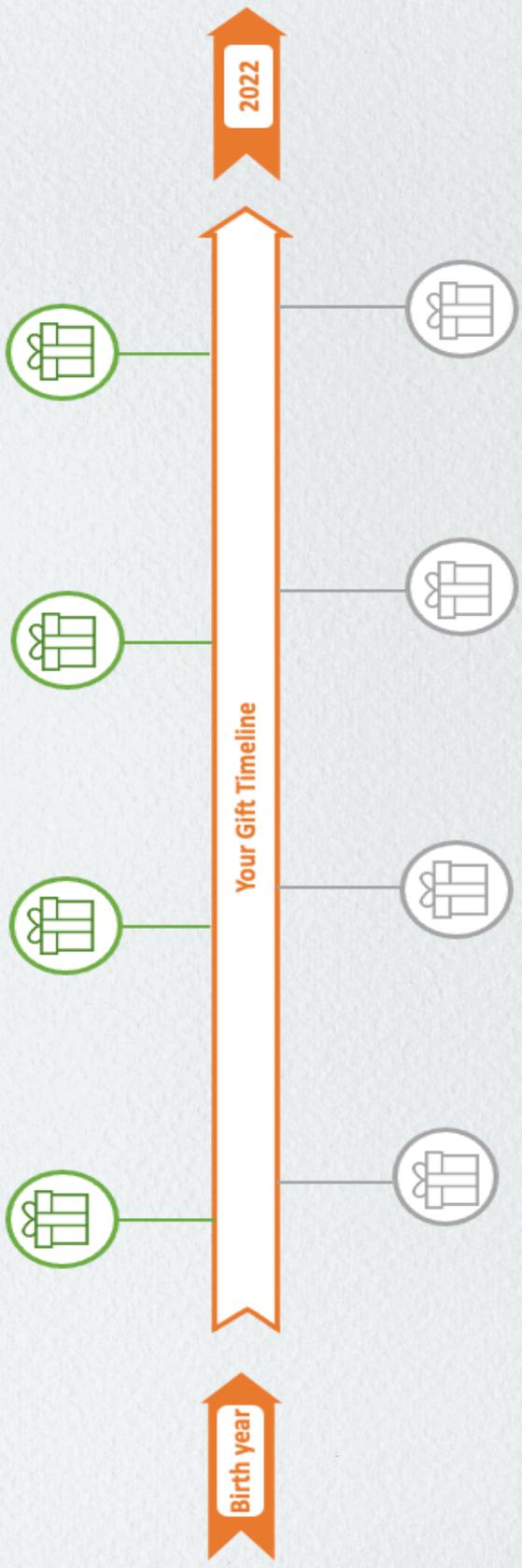
- If you feel you are aware of a gift in a particular area but not yet accepting of it, you will place a dot in the *awareness* stage of the wheel.
- If you feel that you accepting of the gift but have not yet taken the action to share it, you would place a dot in the *acceptance* stage of the wheel.
- If you are already, taking action in relation to a particular gift, the dot would be in the *action* stage of the wheel.

**Choose the Gifts you would like to unwrap and expand on using the G.I.F.T process on the following pages.**



# Your Gifts Timeline

Positive experiences and people



Challenging experiences & people



# GIFT Process

## G GROW

- What key lessons has this Gift taught you or teaching you?
- In what ways is this helping you to learn and grow?

## I INTEGRATE

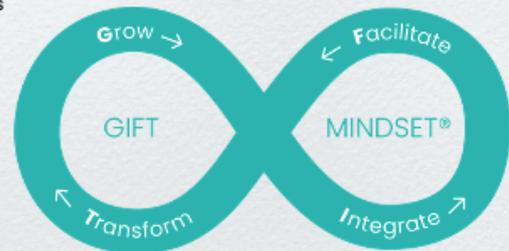
- How will you incorporate these lessons into your life moving forwards?
- What do you need to be aware of and what could get in the way of you implementing these lessons?

## F FACILITATE

- What lessons from this gift can you share with others, professionally or personally?
- Who will you share these with and how will you share this gift?

## T TRANSFORM

- How will you know that this gift has transformed you and others?
- When will you share the Gift of Change with others?



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## The power of story

Storytelling is a great way to share your experiences. The practice goes back to ancient times across most cultures.

Parts of our brain light up when we hear stories. Research has shown that people are more likely to remember your message if you deliver it through a story than if you walked through hard data and statistics.

Stanford University academic Chip Heath describes an activity in which he asked students to present a speech with one story and three statistics in it.

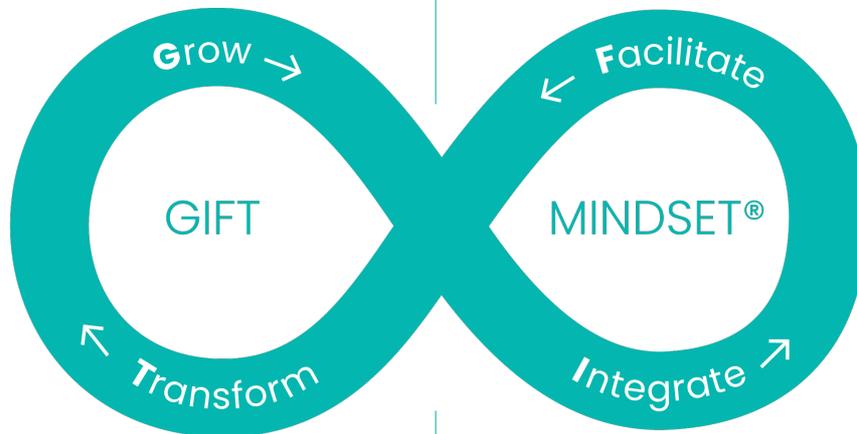
Of all the listeners, only 5% remembered a single statistic, and up to 63% remembered the story.

Here are my tips on crafting your gift as a story, whether formally or informally:

- Respond to the GIFT questions on the next page
- Run through the story like a script in your head or write it down for a more formal sharing.
- Think about the key lessons or gifts you are experiencing
- Set the scene – the why, what and how.
- Choose the right person/s to share it with.
- In three to five key steps, articulate what you did to overcome the challenge or achieve the success.
- Know the relevance of the story and why it is important to the receiver.
- Articulate the main lessons that the receiver can apply.
- Include a mini conclusion that sums up the benefit of the above.

1/What key lessons has this Gift taught you?  
In what ways is it helping you to learn and grow?

3/What lessons from this Gift can you share  
with others, professionally or personally?  
Who will you share these with and how will you share  
this gift?



4/How will you know that this gift has transformed  
you and others?  
When will you share this gift with others?

2/How will you incorporate these lessons into your life  
moving forwards?  
What do you need to be aware of and what could get in  
the way of you actioning these lessons?

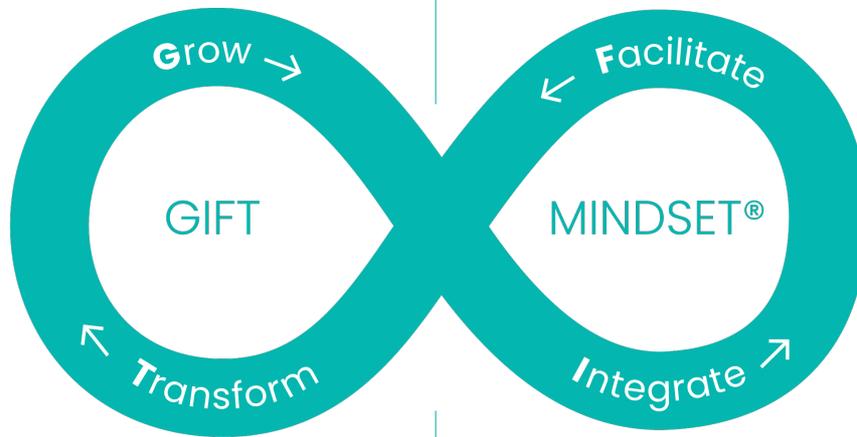
# My Gift of \_\_\_\_\_ Story



A large writing area enclosed in a dashed green border, containing 25 horizontal lines for text entry.

1/What key lessons has this Gift taught you?  
In what ways is it helping you to learn and grow?

3/What lessons from this Gift can you share  
with others, professionally or personally?  
Who will you share these with and how will you share  
this gift?



4/How will you know that this gift has transformed  
you and others?  
When will you share this gift with others?

2/How will you incorporate these lessons into your life  
moving forwards?  
What do you need to be aware of and what could get in  
the way of you actioning these lessons?

# My Gift of \_\_\_\_\_ Story

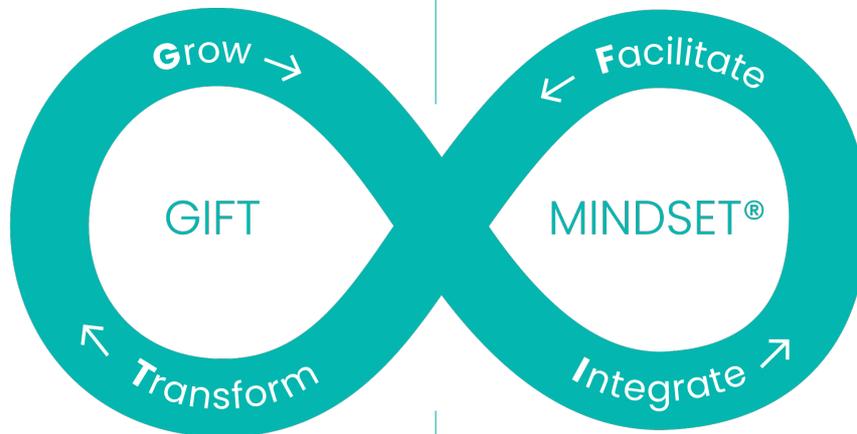


A large rectangular area with rounded corners, enclosed by a dashed green border. Inside this area are 25 horizontal grey lines, providing a space for writing a story.



1/What key lessons has this Gift taught you?  
In what ways is it helping you to learn and grow?

3/What lessons from this Gift can you share  
with others, professionally or personally?  
Who will you share these with and how will you share  
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4/How will you know that this gift has transformed  
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When will you share this gift with others?

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# My Gift of \_\_\_\_\_ Story



A large rectangular area with a dashed green border, containing 25 horizontal lines for writing.