

Present - Chapter four

The 'Present' chapter requires you to choose an item to gift to one person. Answer the questions below to confirm your plan.

Print this page and place in your workspace as a reminder to do this step.

- Who will you gift your present to?
- What will be the item? (Keep it small. The purpose is NOT on the product itself; the purpose is the experience.)
- When will you give your present away?
- Where will the gifting take place? (You need to be physically there. If you cannot, then be sure that you schedule a video call for the unboxing.)
- Why are you gifting this? (Be mindful of your reason to intensify the importance of your present.)



Resources to accompany the process book

Do Your ART! 10 Simple Steps to Enhance Your Creativity and Elevate Your Mood

More information at www.doyourart.org

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