



# Plateful of Soul

## Creating Your Gift List

### Example

My ability to : look into the eyes of people who cross my path, smile and greet them  
Is a gift because : This gives each person I meet the gift of "being seen", acknowledged, and maybe make them feel good.

My ability to: \_\_\_\_\_

---

Is a gift because: \_\_\_\_\_

---

My ability to: \_\_\_\_\_

---

Is a gift because: \_\_\_\_\_

---

My ability to: \_\_\_\_\_

---

Is a gift because: \_\_\_\_\_

---

My ability to: \_\_\_\_\_

---

---

Is a gift because: \_\_\_\_\_

---

---

My ability to: \_\_\_\_\_

---

---

Is a gift because: \_\_\_\_\_

---

---

My ability to: \_\_\_\_\_

---

---

Is a gift because: \_\_\_\_\_

---

---

