



## Future Gifts

**Background:** This group has access to a list of amazing, life-changing gifts made with cutting-edge, innovative futuristic technology. Group members will use this gift list to provide gifts to one another.

### Directions:

- **Write the Names** - Write everyone's name on a separate piece of paper and fold the papers so the names aren't visible. Place them into a hat, bowl, or container.
- **Pick the Names**- Each participant takes turns drawing one name from the container. If you get your own name, put it back in the container and select another.
- **Give the Gifts** - Select a gift from the list on the next page and give it to the person whose name you selected

### Process Questions for After the Giving

#### 1. For the Giver:

- Why did you choose this tool for the person you gave it to?
- How do you think this tool could help them in their journey?

#### 2. For the Receiver:

- How did it feel to receive this tool from someone in the group?
- Do you think this tool aligns with what you need most right now? Why or why not?

#### 3. Group Reflection:

- What themes or patterns did you notice in the tools people chose to give? (e.g., courage, calm, motivation, connection)
- Were there any tools that stood out as especially popular? What does this say about shared needs within the group?

#### 4. Personal Reflection:

- Which tool from the list would you give to yourself and why?
- If you could only choose one tool for someone else in your life right now who is not here in this group, what would you choose and why?

**"We make a living by what we get, but we make a life by what we give."**  
– Winston Churchill



## GIFT LIST:

1. **Rechargeable Courage Machine**  
Zaps courage into you for 15 minutes to face challenges. Fully recharges in 24 hours for one daily use.
2. **Cravings Crusher**  
A handheld device that suppresses all cravings for 3-4 hours. Rechargeable and usable once per day.
3. **Posi-Goggles**  
Glasses that let you see the good in people and the world for up to 1.5 hours per day. Fully recharges overnight.
4. **Stress Shield**  
A portable force field that deflects stressful energy, leaving you calm for up to 1 hour per day. Recharges with rest.
5. **The Magic Mood Manager**  
A handheld device that scans your brain and instantly ends bad moods. Usable once daily for 1-2 hours of positivity.
6. **Sensory Free Sleep Chamber**  
A portable sleep chamber guaranteeing 6-8 hours of deep, rejuvenating sleep every night. Recharge-free and ready to use.
7. **Happy Hat**  
A wearable device that prevents depressive feelings for up to 4 hours which you can divide up weekly
8. **Trigger Tamer**  
A lightweight belt that softens emotional triggers by 50-75%, allowing calmness and emotional stability. Usable for about 4 hours a day.
9. **Relapse Radar**  
An AI-powered wristband that knows and understands your history and uses that to analyze your current choices to warn you ahead of time when relapse risks arise. Always active.
10. **Guilt Eraser**  
A device that reframes guilt or shame from up to 10 memories, offering lasting emotional relief without erasing the memory itself.
11. **Patience Patches**  
Skin patches that make boring situations fly by. Two hours feel like two minutes. Comes in packs of 50
12. **Compassion Cloak**  
A soft cloak that wraps you in empathy and understanding for others, ideal for tough conversations. Usable anytime you wear it.
13. **Anxiety Anchor**  
A handheld device that grounds you in the present moment for up to 45 minutes. Reusable twice per day.
14. **Friendship Filter**  
Glasses that analyze people's expressions and language to reveal their true intentions. Usable 1 hour/week.
15. **Self-Talk Mirror**  
A mirror that implants a positive truth about you each morning, boosting your confidence for up to 8 hours.
16. **Pain Eliminator**  
A lightweight device that eliminates physical pain for 1 hour daily. Adjustable for multiple shorter uses.
17. **Dream Recorder**  
Records one dream each night and lets you replay it with perfect clarity once while awake the next day.
18. **Dream Decoder**  
Deciphers one dream per night and provides detailed insights into your subconscious thoughts and feelings.
19. **Procrastination Pulverizer**  
A wearable device that provides a motivation boost to start tasks and keeps you productive for up to 60 minutes daily.



20. **Confidence Capsule**  
Gives an unshakable boost of self-confidence for 3 hours. Usable once weekly for an instant pick me up.
21. **Emotional Reset Remote**  
Resets overwhelming emotions to a neutral state. Usable up to twice per day for fast relief.
22. **Social Supercharger**  
Amplifies your social skills for 90 minutes, making interactions flow easily. Rechargeable overnight.
23. **Focus Glasses**  
Glasses that eliminate distractions and help you focus deeply for 1 hour. Rechargeable and usable daily.
24. **Gratitude Glow**  
A bracelet that fills you with warmth and appreciation for the people and things in your life for 2 hours/day
25. **Energy Booster Band**  
Instantly recharges your energy, letting you power through fatigue for 4-6 hours with no side effects. Usable once weekly
26. **Decision Detector**  
Guides you toward the best choice in tough decisions by analyzing your values and goals. Usable once every 48 hours.
27. **Memory Maximizer**  
Lets you recall one memory in vivid detail, including emotions and sensory details, for 12 hours, 1x/week.
28. **Thought Collector**  
Pauses your brain for 5 minutes, allowing you to fully collect and then remember your thoughts even in high stress situations. Rechargeable for one use per day
29. **Motivation Magnet**  
Provides motivation for a specific goal, keeping you focused for 2 hours. Usable once weekly.
30. **Fear-Free Filter**  
Removes all sense of fear for 1-2 hours at a time. Usable twice per week
31. **Kindness Key**  
A charm that fills you with kindness and compassion for 2 hours. Perfect for sensitive moments.
32. **Courage Compass**  
Points your brain toward your next brave action, giving you a clear sense of direction once per day
33. **Regret Rewind Button**  
Lets you relive a situation of regret in your mind to fully slow down, analyze, and learn from the situation to know exactly what to do better next time. Unlimited use
34. **Joy Jar**  
Captures a moment of happiness and lets you relive the positive feelings at full strength. Can hold up to 10 memories
35. **Mind Map Maker**  
Creates a visual map of your thoughts, helping you solve complex problems. Usable up to twice weekly.
36. **Perspective Glasses**  
Lets you see a situation from someone else's perspective for up to 20 minutes. Usable once per day.
37. **Mental Freedom Sponge Ball**  
For as long as you squeeze this ball, you don't care about anything that bothers you, until you let go, offering some time for a stress-free mind
38. **Laughter Lamp**  
Fills the room with contagious laughter, boosting everyone's mood for 30 minutes, usable 2x/week
39. **Hope Helix**  
Gives you renewed hope and optimism for up to 4 hours. Rechargeable weekly for periodic resets.
40. **Wisdom Watch**  
Provides one piece of valuable and practical specific tailored advice based on your current situation, once every 4 hours. Always active.