

TRY THE GIFTS METHOD

A 7-Day Starter Guide

Five small daily practices. One honest question each night. No perfection required.

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Living Forward with Elaine · elainelombardi.com

Welcome

This isn't a test of perfection. It's a seven-day experiment in noticing — five small places in your life where something good is already trying to happen, if you slow down enough to see it.

Each day, you'll make brief contact with five key areas of your life. Less than ten minutes total. At the end of each day, you'll answer one honest yes-or-no question for each area. That's the whole practice.

If you miss a day, you haven't failed anything. There's a simple recovery step at the back of this guide for exactly that moment — no starting over, no self-criticism required.

The Five Keys

G	Gratitude	<i>Noticing what's still good, even in a season of change.</i>
I	Intuitive Intention	<i>Hearing the quiet voice, then actually acting on it.</i>
F	Family & Friends	<i>Full presence with the people who matter to you.</i>
T	Treasured Wisdom	<i>What you've lived is treasure — if you use it.</i>
S	Self-Love & Care	<i>Being as kind to yourself as you are to everyone else.</i>

How Each Day Works

Pick one small action from each key area below (examples are given, but trust your own version too). At the end of the day, answer yes or no to that day's five questions. Three or more "yes" answers is a successful day.

Day 1

Foundation day. The only goal today is to make brief contact with all five areas — nothing has to be big.

Gratitude

Pause for 10-15 seconds during a transition moment today (coffee, handwashing, getting in the car). Notice one sensory detail to appreciate.

QUESTION: *Did I practice gratitude today?*

[M] [T] [W] [Th] [F] [S] [Su]

Intuitive Intention

Spend 3-5 minutes this morning asking, "What is my inner wisdom telling me today?" Before one decision today, pause 10 seconds and ask, "What feels right here?"

QUESTION: *Did I check in with my intuition today?*

[M] [T] [W] [Th] [F] [S] [Su]

Family & Friends

Give someone your full attention for five minutes — no phone, no distractions. Or tell someone one specific thing you appreciate about them.

QUESTION: *Did I have a meaningful connection today?*

[M] [T] [W] [Th] [F] [S] [Su]

Treasured Wisdom

Write down one thing you learned or noticed today. That's the whole practice.

QUESTION: *Did I capture or apply wisdom today?*

[M] [T] [W] [Th] [F] [S] [Su]

Self-Love & Care

When you catch self-criticism today, ask: "How would I talk to a friend?" Then talk to yourself that way.

QUESTION: *Did I do something that demonstrated care for myself today?*

[M] [T] [W] [Th] [F] [S] [Su]

Days 2 Through 7

The five questions stay exactly the same all week. What changes is just the specific action you choose each day — pick a different example below on different days, or repeat what worked. There's no wrong way to do this.

Gratitude — choose any day

- Tell someone specifically what you value about them.
- Appreciate one thing you do routinely (clean water, a warm bed).
- When stressed, appreciate something small and immediate — the chair you're sitting in, one deep breath.

Intuitive Intention — choose any day

- Notice: are you tense or relaxed right now? What is your body telling you?
- Follow one small gut feeling — take a different route, call someone who's on your mind.
- Ask in the evening: "When did I trust my gut today?"

Family & Friends — choose any day

- In one conversation, reflect back what you hear: "It sounds like you're feeling..."
- Start one simple tradition — a Sunday call, a Friday check-in.
- Do one small thoughtful act for someone you love, expecting nothing back.

Treasured Wisdom — choose any day

- Use one piece of wisdom you already know in a real situation today.
- Share something you've learned with someone who might benefit.

Self-Love & Care — choose any day

- Place a hand on your heart and say: "This is hard, and it's okay that I'm struggling."
- Notice how one activity makes you feel — energized or drained. Do more of what restores you.
- Meet one real need today: rest, water, movement, a break.

Repeat the same evening check-in each night: five yes-or-no questions, one for each key. Three or more "yes" answers is a successful day.

If You Miss a Day

The moment you notice you're off track, do these five micro-actions. No starting over, no self-criticism — lapses are normal, and recovery is the skill this guide is actually teaching you.

- Gratitude: Appreciate 3 things you see right now.
- Intuition: Ask your gut, "What do I need next?"
- Connection: Send a brief message to someone you care about.
- Wisdom: Write down one thing you learned recently.
- Self-Care: Take three conscious breaths.

Your Daily Tracker

Copy this page, or just use it as a template in your own notebook — one page per day.

Morning (set the tone)

Date: _____

Morning check-in: "What is my inner wisdom telling me today?"

- Gratitude focus for today:
- Intuition focus for today:
- Family/Friends focus for today:
- Treasured Wisdom focus for today:
- Self-Love/Care focus for today:

During the day

- Decision I checked in with my gut about:
- Insight I want to remember:

Evening check-in

1. Did I practice gratitude today? Y / N
2. Did I check in with my intuition before a decision? Y / N
3. Did I have a meaningful connection today? Y / N
4. Did I capture or apply wisdom today? Y / N
5. Did I do something that demonstrated care for myself? Y / N

Daily score (3+ yes = a successful day):

If This Week Changed Something

Seven days is enough to feel whether this works for you. It's not enough time for what this system is actually built to do — the deeper, compounding effect of practicing all five keys together for a full month, with the same daily structure, a full recovery protocol for the days you miss, and a weekly review to notice what's shifting.

That complete 30-day system, along with the full framework behind why this works and how to close the gap between knowing something and actually living it, is what "The GIFTS Method: The Five Keys System to Lasting Change" is built around.

If you'd rather meet these five gifts through a story first, "G.I.F.T.S.: A Voyage Home to Yourself" tells the same five-key journey through a woman who sails to five islands to find them, one at a time.

Either way you come to it, it's never too late to live forward.

— **Elaine**