

# How gifts contribute to healing and wellness

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## Hope

Hope is based in both having a vision and believing you have some chance of getting, at least partway, to that vision. Once a person identifies their core gift, they have named an important part of their vision for themselves. ***Wellness Advantage: When a person gives their core gift, they gain hope they can be who they really are and make a contribution to their community.***

## Authority

Using the Latin root of Authority, “to spring from an original source,” a person’s core gift is identified as what is unique and central to who they are. ***Wellness Advantage: When a person knows his/her core gift, they can use it to stay grounded when they are disoriented, as a tool for problem solving and understanding in difficult times, and as a reminder of their unique value.***

## Community Engagement

Throughout history, core gifts have been used as a tool for identifying the primary strength and contribution of a community member. More than anything else, citizens were required to give their core gift in order to help sustain their community. ***Wellness Advantage: Citizens who are isolated or disenfranchised from community life can give their core gift as the primary way to regenerate feelings of belonging and engagement with others.***

## Healing

The final step in healing requires a person to give their core gift. This is the symbolic step of declaring you have gained a capacity from the suffering you have experienced and that you are no longer stuck in or limited by that suffering situation. ***Wellness Advantage: By giving your core gift, you are declaring you have gained strength and capacity as a result of the suffering you have experienced, and have a substantial contribution to make to others.***