

A Thoughtful Gifting & Receiving Survey

For more ease, less guesswork, and a gentler holiday season.

This survey is not about getting gifts right or wrong. It's about understanding one another a little better so generosity feels mutual, intentional, and received.

SECTION 1: Your Relationship With the Holidays

1. Overall, how do you feel about holiday gift-giving?

- I genuinely love it
- I like parts of it
- I feel neutral
- I find it stressful or overwhelming
- I prefer to opt out when possible

2. How do you feel about receiving gifts?

- I love being surprised
- I enjoy receiving gifts I've asked for
- I appreciate the gesture more than the item
- I feel awkward receiving gifts
- I'd rather receive fewer or no gifts

3. What tends to feel most challenging for you during the holidays?

- Budget pressure
- Too many expectations
- Not knowing what people want
- Receiving things I don't need or want
- Time constraints
- Emotional or family dynamics
- Other: _____

SECTION 2: Giving vs. Receiving

4. When giving gifts, what brings you the most joy? (Check all that apply)

- Choosing something meaningful or symbolic
- Giving something practical
- Surprising someone
- Making or curating something personal
- Giving an experience (class, ticket, lesson)
- Giving money or gift cards
- Keeping it simple

5. When receiving gifts, what makes you feel most loved? (Check all that apply)

- A meaningful or sentimental object
- Something useful or practical
- An experience or shared time
- Words (a note, letter, or card)
- Acts of service or help
- Cash or gift cards
- Fewer gifts, chosen intentionally

6. Which statement feels most true for you?

- I love giving gifts more than receiving them
- I love receiving gifts more than giving them
- I enjoy both equally
- I find both complicated

SECTION 3: Objects, Experiences & Meaning

7. How do you generally feel about physical gifts?

- I love keepsakes and meaningful objects
- I prefer practical items only

- I'm selective and prefer fewer things
- I often feel overwhelmed by objects
- It depends on the item and intention

8. Are there types of gifts you'd prefer not to receive?

- Clothing
- Beauty or personal care items
- Home décor
- Sentimental objects
- Surprise gifts
- None / I'm open
- Other: _____

9. How do you feel about experiential gifts?

- I love them
- I like them with advance notice
- I prefer experiences over objects
- I'd rather choose my own experiences
- They're not my preference

SECTION 4: Money, Practicality & Transparency

10. How do you feel about receiving cash or gift cards?

- I love it — it's practical
- I appreciate it but prefer context (a note or intention)
- I'm neutral
- I don't prefer it
- I'd rather receive no gift at all

11. Would you prefer gifts to stay within a certain budget range?

- Yes (range): _____
- No, I'm flexible
- I prefer low-cost or no gifts

SECTION 5: Practical Clarity

12. Do you have a wish list, registry, or preferred place to shop from?

- Yes (details/link): _____
- I can make one if helpful
- No, I prefer intuitive gifting

13. Are you comfortable sharing when a gift doesn't quite land for you?

- Yes, I appreciate honesty
- Sometimes, depending on the person
- No, I prefer to quietly accept

SECTION 6: The Heart of It

14. When you think about feeling loved during the holidays, what matters most to you?

15. Is there anything you wish people understood better about how you receive love or generosity?

Thank you for taking the time to reflect and share. The goal isn't perfection—it's understanding. Clarity is one of the most generous gifts we can give one another.