



8 Gifts That Don't Cost a Cent

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THE GIFT OF LISTENING:

But you must really listen. No interrupting, no daydreaming, no planning your response. Just listening.

THE GIFT OF AFFECTION:

Be generous with appropriate hugs, kisses, pats on the back and handholds. Let these small actions demonstrate the love you have for family and friends.

THE GIFT OF LAUGHTER:

Clip cartoons. Share articles and funny stories. Your gift will say, "I love to laugh with you".

THE GIFT OF A WRITTEN NOTE:

It can be a simple "Thanks for the help" note or a full sonnet. A brief, handwritten note may be remembered for a lifetime, and may even change a life.

THE GIFT OF A COMPLIMENT:

A simple and sincere, "You look great in red", "You did a super job" or "That was a wonderful meal" can make someone's day.

THE GIFT OF A FAVOR:

Every day, go out of your way to do something kind.

THE GIFT OF SOLITUDE:

There are times when we want nothing better than to be left alone. Be sensitive to those times and give the gift of solitude to others.

THE GIFT OF A CHEERFUL DISPOSITION:

The easiest way to feel good is to make others feel good.

