

# **Eight Gifts that don't cost a cent to give**



## **1) THE GIFT OF LISTENING...**

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

## **2) THE GIFT OF AFFECTION...**

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

## **3) THE GIFT OF LAUGHTER...**

Funny pictures. Share articles, funny stories and funny greetings. Your gift will say, "I love to laugh with you."

## **4) 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.

## **5) 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.

## **6) THE GIFT OF A FAVOR...**

Every day, go out of your way to do something kind. Helping elderly cross the road can be nice.

## **7) 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.

## **8) THE GIFT OF A CHEERFUL DISPOSITION...**

The easiest way to feel good is to extend a kind word to someone, really it's not that hard to say, Hello or Thank You.