

EIGHT GIFTS FOR LESS THAN A PENNY

The gift of listening: You must really listen. No interrupting, no daydreaming, no planning your response. Just listening.

The gift of affection: Be generous with appropriate hugs, pats on the back and handholding. Let these small actions demonstrate the affection you have for family and friends.

The gift of laughter: Clip cartoons, share articles and funny stories. Your gift will say: "I enjoy laughing with you."

The gift of a written note: It can be as simple as "I love you" or "Thanks for the help", or any other words you write for another person. A brief, handwritten note may be remembered for a lifetime, and may even change a life.

The gift of a compliment: Simple and sincere words can make someone's day. "You look great." "You did a super job." "That was a wonderful meal you prepared for us."

The gift of a favor: Everyday, go out of your way to do something kind. A simple favor is always appreciated.

The gift of a cheerful disposition: The easiest way to feel good is to help others feel good. Try it. It's true.

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