

# Gift



Give the most valuable, the most wanted,  
and the most appreciated gift.

You don't have to drive, or click to get it. It not only doesn't cost, it pays you in unimaginable ways, if you only allow it.

Give the gift of yourself. Give . . .

- Your attention, full attention (no TV, no computers, no book)
- Time 10 minutes, 10 hours, a full day
- Helping another
- Teaching another
- A big smile (watch them smile right back)
- A phone call just to say Hi, thinking about you
- A kind word of support, understanding, encouragement
- A compliment
- Thanks for something they have done for you

The most wonderful part of giving of yourself is that you feel good, and you get back what you give out. You can't help but to win.

The airlines say, 'put your oxygen on first.' You must first realize how special you are and how much you are valued. Know you have great value and you can give the great value and share it with others. To love others you must first love yourself.

Often you are not aware of the value and recognition of the gifts you give. Two people have written to me. One told me that I taught her the value of giving without expecting anything in return. The other, the value and fun in serving others. Wow, I was surprised.

Who have you given the gift of time or knowledge to? To whom have you given the gift of example? You'll never know how often it happens, as people don't usually express it. They do feel it, and they do appreciate it.

Who has given you these gifts? How does it feel? If you don't think anyone has, then it may be of value to pay a little more attention, and you'll recognize it.

The key to receiving the gift of another's attention is for you to first give it. Appreciate yourself and then another. You can't love another if you don't first love yourself.

Know you have great value, and a lot to give. Know that family, friends, and strangers will all appreciate the gift of your time, attention, and assistance. You don't have to believe me. Just try it. You'll see.

Physical gifts are poor substitutes for your time and attention. Give the gift that has the greatest value, and you will get that same value in return.