

# ONE DAY AT A TIME

## PRICELESS GIFTS TO GIVE FOR FREE

**THE GIFT OF LISTENING...**TRY GIVING THIS TO SOMEONE IN NEED. AND YOU MUST REALLY LISTEN. NO INTERRUPTING, NO DAYDREAMING, NO PLANNING YOUR RESPONSE, JUST LISTEN.

**THE GIFT OF SIGNS OF AFFECTION...**BE GENEROUS WITH YOUR HUGS, KISSES AND GENTLE SQUEEZES OF THE HAND. LET THESE TINY ACTIONS DEMONSTRATE THE LOVE INSIDE OF U.

**THE GIFT OF A NOTE...**IT CAN BE AS SIMPLE AS "I LOVE YOU" OR AS CREATIVE AS A SONNET. MAKE IT A SURPRISE NOTE.

**THE GIFT OF LAUGHTER...**JUST CUT OUT A CARTOON, SAVE A CLEVER ARTICLE. YOUR GIFT WILL SAY I LOVE 2 LAUGH WITH YOU.

**THE GIFT OF A COMPLIMENT...**A SIMPLE "YOU LOOK GOOD IN BLUE" OR "GOOD SUPPER" CAN BE OF THE GREATEST VALUE TO THOSE WHO MAY FEEL BEING TAKEN 4 GRANTED.

**THE GIFT OF FAVOR...**HELP WITH THE DISHES, RUN AN ERRAND.

**THE GIFT OF LEAVING ALONE...**THERE ARE TIMES IN OUR LIVES WHEN WE WANT NOTHING BETTER THAN TO BE LEFT ALONE. BECOME MORE SENSITIVE AND GIVE SOLITUDE.

**THE GIFT OF CHEERFUL DISPOSITION...**TRY TO BE CHEERFUL AROUND THOSE YOU LOVE ALL THE TIME.

**THE GIFT OF A GAME...**OFFER TO PLAY A FAVORITE GAME.

**THE GIFT OF PRAYER...**PRAY FOR YOUR LOVED ONES AND FRIENDS AND LET THEM KNOW YOU PRAY FOR THEM.