

## **Eight Wonderful Gifts That Don't Cost A Cent**

1. The gift of listening. But you must really listen. No interrupting, no daydreaming, no planning your responses, no second-guessing. Just listen.
2. The gift of affection. Be generous with appropriate hugs, kisses, and pats on the back. Let these small actions demonstrate the love you have for your family and close friends.
3. The gift of laughter. Send a link for funny memes and stories. 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" or "You did a super job" or "That was wonderful" can make someone's day.
6. The gift of a favor. Every day, go out of your way to do something kind to show that you care for someone.
7. The gift of solitude. There are times when you want to be left alone. Be sensitive to that same need in others and leave people be when it seems needed.
8. The gift of a cheerful disposition. The easiest way to feel good is to offer a kind word. Just a cheery "Hello" or "How are you?" can go a long way.

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