



IN SIGHT

for Oregon Lawyers

IMPROVING THE QUALITY OF YOUR PERSONAL AND PROFESSIONAL LIFE

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EIGHT GIFTS THAT WON'T COST ONE CENT

During the holiday season, remember your loved ones with the most meaningful gifts of all.

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 and 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 thoughtful words you write to 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."

The gift of a favor: Every day, 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.

Our thanks to Brian H. Farr, MA, for this article.

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