

You are the Gift

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You are a gift to others. When you buy a gift for someone realize it's you and the act of buying the gift, the thought itself is the gift. The actual gift is just a representation of your gift to the other person.

The same goes for receiving a gift. The physical gift you may not like, but that isn't the point. The point is the person who gave you the gift.

The gift of time and attention are the greatest, most valuable, and wonderful gifts you can give to another person. Time and attention are respect, love, and validation. When you care enough to spend your time and attention it makes the other person worthy. It's respect. It's heartwarming to know that others care.

We can and should give gifts every day. A smile, a 'well done', and pat on the back. These are all gifts, gifts we can freely give.

As we get older we don't need gifts of things, but we never get too old to receive the gift of attention and time. When people are retired and unable to do things they used to do they have time. To visit and spend time with them is the most wonderful gift you can give to them.

Kids relate time spent with them as love. Kids need the time and attention to build their self worth. Sure, kids love the physical presents and the wrappings, but it's the time and the attention that truly matter.

Gifts of time and attention don't cost us anything. We can give them daily. In return we'll get huge dividends. We'll get time and attention that we need. We feel good when we give and we feel good when we receive.

Give to feel good. Know your value, you are the gift. Give of yourself freely and joyously. You are worthy. You are sought after. Your time and attention has great value, far greater than you realize or appreciate.

Go to the wake. Stop by the house for five minutes. Pick up the phone and call to say hi for no reason. Call someone on their birthday. It doesn't have to be planned, take long, or be elaborate. Just do it spur of the moment. When the thought comes, do it.

How great is it that you are the gift? How great is it that the physical gift you agonize over means less than your thought, time, and attention. How great is it that you are far more valued by the other person than the physical gift you are giving.

Think of those who have given you time and attention and how much you appreciated and valued it. Give that same gift or your time and attention to others.