

# 8 FREE Gifts that don't cost a cent

## 1) THE GIFT OF LISTENING...

But you must REALLY listen.  
No interrupting, no daydreaming,  
No planning your response. Just listening.

## 2) THE GIFT OF AFFECTION...

Be generous with appropriate hugs, kisses, pats on the back and handholds. Let these small actions demonstrate the love you have for family and friends.

## 3) THE GIFT OF LAUGHTER....

Clip cartoons. Share articles and funny 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,"  
"You did a super job" or "That was a wonderful meal"  
can make someone's day.

## 6) THE GIFT OF A FAVOR...

Every day, go out of your way to do something kind.

## 7) THE GIFT OF SOLITUDE...

There are times when we want nothing better than to be left alone. Be sensitive to those times and give the gift of solitude to others.

## 8) THE GIFT OF A CHEERFUL DISPOSITION...

The easiest way to feel good is to extend a kind word to someone, really it's not that hard to say, Hello or Thank You.