

GIVING BACK

Many of us have a lot to be thankful for. Most people could write a gratitude list with many things they have or have accomplished. Even if one has to get back to the basics, it is still worth noting and appreciating the simple things like running water (which didn't used to exist!), heat, lighting, shelter, food and transportation.

Beyond that we can give thanks to our relatives, friends, co-workers, staff, peers, classmates, neighbors, delivery, landscaping, childcare and maintenance people.

We can be grateful for community, camaraderie and holiday gatherings.

Some of us have more than others and some of us experience ourselves having more and may have more to give.

"You give but little when you give of your possessions. It is when you give of yourself that you truly give." -Kahlil Gibran



"The value of a man resides in what he gives and not in what he is capable of receiving." -Albert Einstein

To whom can we give back? To those who have helped us in the past. To old friends, to past neighbors. We can give a quick call to see if the people from our past are ok and have what they need. Sometimes older people who are shut in or in a home could use a card, a call, a homemade present or a visit.

There are people going through divorce or separation who could use a helping hand, support or a listening ear. Those who have been ill or are recovering from a malady could possibly use help around the house or some groceries, or a pot of soup. We can welcome new neighbors to our community who may not yet have friends in the new area.



There are people that need our help volunteering in soup kitchens, singing carols for the holidays and reading stories to those stuck in a hospital or other facility.

Sometimes we are not feeling particularly grateful, helping someone else can quickly remedy that situation and bring joy to one's heart and relief as we see those in need visibly better off by our own acts.

Do you practice daily acts of kindness? Why or why not? Do you feel you have nothing to give—a lot to give? Do you give when it would be easier not to? How do you feel when you have made a difference in someone's life?



Something very small to you may be a huge blessing to someone else. Let's pay all those acts of generosity forward. Pay the tolls for the people behind you. Buy a toy for a child who won't have any for their holiday. Make a meal for the elders or the recently divorced. It might benefit you more than them.

"If you can't feed a hundred people, then just feed one."

-Mother Theresa



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