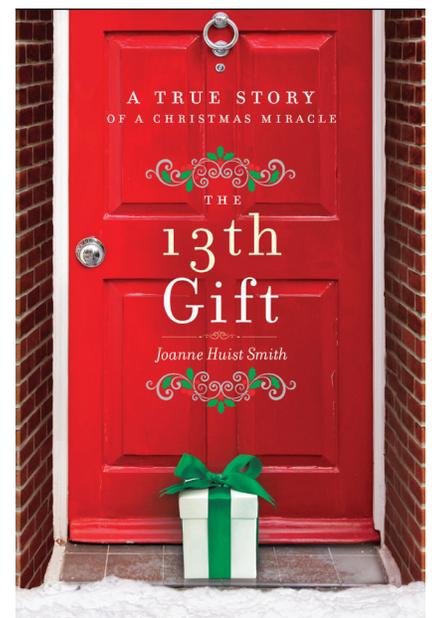




EVERY DAY CAN BE CHRISTMAS

There are countless opportunities to act as a true friend if you open your heart to the possibilities. You don't have to be rich or have lots of free time to try any of them. You just have to care.

1. Go all-out Ninja and become a gift giver to someone who is grieving or just going through a challenging time.
2. Don't allow yourself to use the "I meant to call, but never got around to it" excuse. If you know someone is hurting, call regularly.
3. Purchase one small gift every month. You'll have a dozen items to donate to your favorite charity by Christmas.
4. Treat the harried parent behind you in the restaurant drive-thru line to lunch. She will never know her benefactor, but she will certainly feel as if she has a friend.
5. If you have expertise in anything, volunteer. Commit to at least a dozen sessions.
6. Seek out the lonely and remember them often with greeting cards.
7. Don't walk past anyone who is struggling. Help them if you can. Find them help if you can't.
8. Be a true friend to your community. Don't litter. If you see trash on the street, scoop it up and throw it away.
9. Donate a book to your local library to honor a loved one who has passed away.
10. If you want to honor a loved one, model your giving after something they enjoyed. My husband was a toolmaker, so I head to the hardware store when the giving spirit moves me.
11. Look for reasons to compliment friends and strangers every day.
12. Be a true friend to yourself. Stop delaying plans to get more physically active and to eat a more healthful diet.
13. Be grateful every day for opportunities to share your life. Giving to others is a gift that you also give to yourself.



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