

The Gift

Ask Coach Deb

What is your ideal gift? Which do you prefer, giving or receiving? Be honest! Believe it or not, a lot of people have trouble receiving gifts from others. Why?

The holidays stir up emotions for all of us – happy and joyous times spent with loved ones, or perhaps not so happy, sad and alone. We have defined what the holiday season means to us by our past experiences.

However, we know that we cannot change our past, but, we can change our future by our present actions. One way to start this process is by starting to focus on those we love – friends, family, and significant other. What gifts do they share with us everyday? Are you happy and joyous when they are with you? Do you feel safe and loved?

Now, what gifts do you share with them? Is it kindness, compassion and support? Do you share these gifts with your loved ones on a daily basis or just

Dear Coach Deb,

This time of year always stresses me out as I never know what to buy for gifts for family and friends, so I end up frustrated and fed up with the whole commercialism of Christmas. My husband is the biggest problem, as he has everything that he needs as when he wants something, he just goes out and buys it. I want to enjoy gift giving again. Help!

Scrooge



Deb Fortier

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Dear Scrooge,

If you think you are a scrooge, you will be a scrooge. So, if you don't want to become that, simply shift your thinking and make some gift giving changes. First, Gift giving does not (and should not) make you broke. Only spend what you know you can afford to, make a budget, and stick with it. One way of doing this is to pay cash for everything. If you start saving a little every paycheck for a few

months before Christmas, this shouldn't be a problem.

Lets look a the flip side, receiving our loved ones gifts. Do you push away when love is shown or support is offered? Do you have trouble accepting kindness and compassion, with no strings attached? If so, why? Are you protecting yourself from something? What? I believe that we cannot truly allow these wonderful gifts from others into our life unless we are fully open and free to receive them.

This holiday season, give yourself and those that you love an extra special, memorable gift. Give them the gift of expressing and receiving unconditional love, support and respect. Go out of your way to treat these special people in our life like Royalty! They deserve it. Then, make room in your heart to receive their special gifts and your life will truly be enriched and exploding with love!

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Now for the fun part. Why spend any money at all? There are so many other wonderful, heartfelt and personal gifts that you can give to loved ones, especially your husband that cost nothing or, next to nothing. Here are some personal favorites: love, laughter, support, respect, tolerance, patience, hand-holding, date night, a cuddle, a love letter, a slow

full body massage, 5 course candle-light dinner at home (with dessert), a drawing or painting, a song, or a poem. Let your imagination soar! That is the magical thing about personal gifts – the sky is the limit. These thoughtful and loving gifts usually take more time and effort to prepare and to deliver, but are your loved ones not worth it?

If you would like to know more about life coaching or if you have a question you would like answered in the next issue of WWW, email Coach Deb at myidea@wpgsun.com I look forward to hearing from you.

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