

Macintosh Learning Center

Laguna Woods Town Centre

--- Shell Weinberg

Laguna Woods Village Community Center, 3rd floor

Hours: 9:00 a.m. to 3:00 p.m., Monday thru Friday



Happy Holidays... The Gift



A few weeks ago I was surfing the TV and came across a woman doing a "feel good" type of presentation. It was probably on one of the local Public TV stations, since that is where we typically see these kinds of improve yourself lectures.

Anyway, something about what she was saying caused me to linger and watch for a while. The result is that I have learned a new self-help, pat-on-the-back, to guide me through the day.

Wake up in the morning and ask yourself, "What will be today's gift?" ... and then go about your daily activities, aware that along the way you will be given at least one worthwhile gift today.

The gift might be a quiet moment watching a beautiful sunrise or sunset. The gift might be an unexpected phone call from a friend giving you good news. The gift might be the check you received in the mail, or maybe flowers delivered to your door. The gift might be a delicious meal. The gift might be closing a deal. The gift might be a TV entertainer, or show, that made you laugh or smile. The gift might be a good joke.

In other words, anything unexpected that happens during the day that gives you pleasure, happiness, joy, or satisfaction. Recognize this as a gift.

Be thankful for the gift, or maybe gifts, and review the day's gift before going to sleep at night. It will put a smile on your face... and you can look forward to a new day tomorrow when the process will start all over again.

