

It's the Most Wonderful Gift of the Year

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**It's the Most Wonderful Gift of the Year**

**By Joy Fisher-Sykes**

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It's the most wonderful time of the year. As we deck the halls and fill the malls, we're filled with anticipation, joy, and excitement. The holiday season is upon us, and it's a special time we choose to show our appreciation and share our love with the special people in our lives. However, with all of the joy the holidays bring, this still tends to be one of the most stressful times of the year. Why?

Could it be because it's intoxicating to buy loved ones whatever their hearts desire - and we're willing to rise in the dark of night to shop in the pre-dawn hours for the "gift of the year"? Ah, yes, the mad dash to the 5 a.m. sale where you're guaranteed to be pushed, run over, stepped on, and after a long wait told "Sorry sold out;" only to then have the pleasure of standing in a check out line as long as the east coast. Hum. Do you ever question the sanity of a day like this in a life that seems to have so little time, and a world that's filled with job insecurity, war, and economic ups and downs? If so, why do you still feel so torn? Could it be because we've allowed marketers, advertisers, manufacturers, and retailers to shape our outlook and convince us to buy into their vision of the perfect life? This life where you shop to create the perfect body, so you can be with the perfect partner, live in the perfect house, and drive the perfect car to the perfect job so we can afford the perfect lotions and potions to forever live the perfect life. Wake up and smell the perfect hype! The holidays are not about being manipulated into believing in some artificially created image that drives sales; it's about your vision of giving and sharing the joy you choose to create.

Stress of the season happens when we fret about how our gift will be received. A disconnect exists when we fear if our gift is disliked, then somehow we too will be rejected and denied the friendship, affection or acceptance we so desire. Although intellectually, we know nothing could be further from the truth, we may still feel the need to explain away or apologize for our gifts of love. I say if you hold this to be your truth and also believe that the worth of your relationships is based on the monetary value of gifts exchanged, then I strongly urge you to re-examine

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and re-evaluate your relationships.

At a time when many feel compelled to spend more money (perhaps more than they can afford) yet feel they have less time, it's important to focus on the deeper meaning and spirit of the holidays. Now and in the days to come, regroup and refocus your energies to give the most priceless gift you always have to offer - YOU. Truly the most wonderful gifts of the year are heartfelt, so here are a few you can offer the whole year through.

### 1. Create A Moment

Moments are magical times when someone later turns and says, "Remember the time we..." Moments

don't just happen; they're created. Moments are the gifts that keep on giving and that can be relived at any time over and over again.

### 2. Unconditional Love and Friendship

No judging, no gossiping, no criticizing - No Kidding!

### 3. A Random Act of Kindness

Give of yourself daily. Acts both small and large count – choose to donate your time, energy, or money. You can experience even greater gratification if you don't tell a soul.

### 4. The Gift of Time

- \* Time with yourself to reflect and grow
- \* Time with others to develop and build powerful relationships
- \* Time given to others that empowers them to expand their greatness

### 5. The Gift of Respect

Respect for yourself and others empowers you to value beauty inside and out. Value the beauty of your relationships by infusing them with respect and honoring them with your time.

I encourage you to start today – share any or all of these gifts with yourself, family, friends, or colleagues. Remember, the most wonderful gift of all is the gift that keeps on giving!

Joy Fisher–Sykes is a professional speaker, author, and success coach in the areas of leadership, motivation, stress management, customer service, and team building. You can e-mail her at <mailto:jfsykes@thesykesgrp.com>, or call her at (757) 427–7032. Go to her web site, <http://www.thesykesgrp.com>, and sign up for the newsletter, OnPoint, and receive the free ebook, "Empowerment and Stress Secrets for the Busy Professional."

## Perfect Gifts For Mother's Day

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**By Francesca**

Mother's day is almost here and I urge you to start thinking about unique gift ideas for your mom. There is only one day each year when we can really thank our mother for all the effort and love she has given to us. Lets do it right. Lets give her the perfect gifts for mother's day.

I know many people that join the birth day gift for mom with the mother's day gift. Don't do it. She deserves the two gifts. And you could always find a gift to buy her. After all, she is a woman.

My first suggestion would be to put aside for a few moments the tax and gift cost. Try to think your mother wants or what she needs. No body knows your mother better than you. For example, my mother loves everything related to cats. She has a huge cat collection of cats statues and I get her a new one each year - I admit cat lover gifts are easy to find.

If you have figured out what your mother would like as a mothers day gift, decide on your budget and start searching for it. Start looking for the best gift as early as possible. This way, you will be able to make a comprehensive market research and buy the best gift at the best price.

If you haven't thought of a specific gift to buy for mother's day, do one of the following, and I guarantee you will find a gift for your mom:

1. Search for gift ideas in online gift stores. Try searching for: "gifts for mom" or "personalized unique gifts"
2. There are several gifts which will always be perfect gifts for mother's day. These are Jewelry, picture frames, bath spa gift baskets, designer diamond pendants, american express gift cards and visa gift card.

Our experts have a made a research to find the best online gift store. Find the results on

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