

It's In the Little Things

Not often enough during our daily routine do we take the time to celebrate our loved ones and tell them how much they mean to us . Most of the time, we are driven to tell people we love them only when something goes terribly wrong or on momentous occasions of overwhelming emotion, like weddings. Why is that?

We all know it is the little things in life that make people happy. So, take this moment to grab a piece of note paper or a card and spend a few moments writing down all of the reasons why you love your spouse, your son, your daughter, your baby, your sister, your brother, your mom or dad- everyone in your family or just your partner.

If someone in your family needs some support, give them a lift! If they accomplished a goal, congratulate them. Or, if they are just being themselves, recognize all of their wonderful attributes! It doesn't need to be or say much, but I can guarantee you that it will make them feel happy, special and loved. It is a gift for you to give them that is worth more than anything you can buy in a store. Enjoy giving love to the people who mean the most to you. Don't put it off another moment, just do it and have fun with it!