

Thank You Tips

Thanksgiving Day has to be one of the best! A special day set aside to give thanks? It really doesn't get any better. Or, on second thought, perhaps it could. While we certainly can't eat that huge turkey dinner every day, there are some small gestures that will keep the Thanksgiving spirit going all year long.

Thank you, Thank you, Thank you! You Can't Say It Enough.



When you were learning to talk, someone special in your life would often remind you: "Don't forget to say 'Thank you.'" How quickly we forget. The most frequent question I deal with day in and day out is, "I sent insert name here a birthday gift every year for three years, and I've heard nothing. What should I do?" Ask a group of kids and they will tell you: "Tell that person to STOP sending gifts." Imagine, we stop saying "Thank you" and they stop sending gifts. How sad! So, throughout the year, say "Thank you!" In fact, say it twice: First, say it directly, either in person or by phone. Second, send a note — either an e-mail or, better yet, a handwritten one!

Return the Favor

It could be a ride to a meeting, the loan of a jacket or watching your friends' kids so they can get out of the house for dinner. When someone does something nice for you, offer to do the same.

Make Someone's Day

The best way to show your appreciation for someone is by doing something unexpected, thoughtful and kind. Here are some ideas:

- Say "Have a good morning" to the server who's been pouring cups of coffee since 5 a.m.
- Help your son or daughter pick flowers (from your garden, of course) to give to his or her teacher.

- Want to thank your grandma for the sweater she sent you? Put that digital camera to good use and show her how really great it looks on you.

Oh yes! One more thing: Smile! Make it a habit to show your appreciation and make others feel good by flashing those pearly whites. It's a simple gesture, but it can have the greatest impact of all.