



### **Finding Time to Give and Receive Love**

When I got married 25 years ago, I moved away from my family in Milwaukee, Wisconsin. The ache for my family has dulled, but is always there and will never go away completely. With my theme for this year, "2007 being my little slice of heaven," I decided to focus on my top three values for this year — spirituality, family and travel. Being the oldest of five children, there have been lots of family events I have missed throughout the years. Not this year. I decided to make it to the family events and be with family as much as possible — despite a 5 hour car ride to either my parents or in-laws home. In a two week period, I traveled to Milwaukee for my sister Laurie's 50th birthday, where we had our first ever sister sleepover. I traveled to Green Bay to visit with my in-laws, Ady and Howard, and gave a presentation to the Green Bay Area Dietetic Association. Gary's brother, Mark, and his family came for a weekend and I saw my niece, Hannah, receive her First Communion. A whirlwind of love. A whirlwind of living my values embraced with love.

Values are personal priorities — that which is the most important to you, for whatever reason. They are an expression of your innermost self. When your life is aligned with your values, you live a more effortless life and go to bed with no regrets.

People in their 80's have been asked, "What was the single most important thing in your life?" The universal answer has been, "Did I give love and receive love?" It's not the accomplishments, number of sick days you didn't use, extra hours you worked nor the dollars in your bank account that will matter. It is the people that you have loved and loved you back that fills up your emotional bank account. Make time today to give and receive love, and this year, 2007, could be your little slice of heaven.

—Joyfully, Chere

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