



Real Living is Putting Giving In Your Life

The Kenny G CD is blaring all through the house; the lights are dimmed, and Gary and I are wrapping presents by the twinkle of the Christmas tree lights. Presents, presents and more presents!! The Kleenex tissue ad says, "7 months of anticipation + 5 seconds to unwrap 1 magical moment." Buying presents for 27 people could be an exhausting and expensive experience if you want to do it that way!! We have a gift for almost everyone on our list. We have made it simple: Gary buys the gifts for his family and I buy for my family.

My favorite gift of my lifetime was not purchased, was not home made; nor was it fattening! What could it be?? It was created from the heart. On my 47th birthday my friend Sue B in Eau Claire, Wisconsin created the "TOP 47 reasons why I am glad Chere Bork is my friend."

A few examples of those reasons included losing diamonds while camping (yes - a happy ending!) and my corn salsa recipe and spinach tortellini soup recipes; and crying at everything and anything. I got teary eyed and goosebumps as I could feel her kind words. One of my favorites was, "you are probably crying as you are reading this!" How did she know? I could not have felt more cherished or loved! My eyes were glistening with tears of sincere gratitude and love of our long time friendship. I don't think I ever told Sue that list was the best present of my life ever — she knows now!! Hey, Sue, are your eyes glistening as you read this? I am wishing you a Christmas that is less about gifts and more about giving thanks to those special people in your life who give you goosebumps!

Chere Bork is a Health and Life Balance Enthusiast, Speaker and Coach
Contact chere@cherebork.com or visit www.cherebork.com to live happy and healthy ever after.

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