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## Empowered Living #21 – Giving from the heart

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Happy holidays!

I know, I know...I'm a little early, but since we're already surrounded by snow and Christmas displays, we might as well embrace it. :)

As you're preparing for the holidays this year, and thinking about what to give to people, consider giving the gift of your presence instead of physical objects. This year, I asked my kids what they thought of the idea of getting "experiences" for Christmas instead of toys, and they loved it. They've been telling me for a while that what they really want most is to spend time with me and do "fun things" together as a family. And given that they're now 11 and 13, I figure I'd best milk this period for all it's worth!

So whether your gifts are for children, parents, friends, spouses, or other loved ones, this issue is about helping you find creative ways of giving from the heart.

### Upcoming events

- **December 11:** [Single Gals holiday dinner at the Keg \(downtown location\)](#)

### Reading room

Grab a tea, coffee or glass of wine, settle into a comfy chair, and enjoy these articles...



Have you ever been told you're "too sensitive?" Chances are, you're already well aware of the downside of sensitivity. Thankfully, there's an upside too.

Find out more in [The gift of sensitivity](#)



Feeling frazzled? Here are my top twelve tips for taking the hustle and bustle out of the holidays.

Learn more in [12 tips to maintain balance over the holidays](#)



## Dating and relationship tips: Give them what their heart desires...

Have you ever heard of Gary Chapman's [5 love languages](#)? A creative way of giving to your loved ones this year is to consider their love language is first, and then give them what they value most. Here are a few ideas:

1. **Touch** – a massage, spa treatment, day snuggling in bed, fuzzy blanket
2. **Time** – tickets for experiences (e.g. concerts, paint nights, comedy shows), snow play day
3. **Words of affirmation** – a hand-written love note or heartfelt recorded video
4. **Acts of service** – snow plow or housecleaning service, breakfast in bed
5. **Gifts** – home-made bath bombs, ornaments, candles, sweets

Some of the best gifts truly are free (or at least low cost). Often it takes just a little time to think about what is most important to someone, and ideas will start popping for you. Long story short, give what speaks to their heart, and you'll see some smiling faces on Christmas morning.

### Healthy hints



[21 day anxiety challenge](#)

### Rockin' recipes



[Christmosas!](#)

### Creativity corner



[Creative DIY gifts](#)

### Comedy central



[Comedy wildlife photos](#)

## Inspiration

"Honour who you are and the amazing abilities you have. You are definitely not "normal"...you are very, very special and gifted! Embrace it!" – Karen Strang Allen

Have a very Merry Christmas!

xo Karen

### Karen Strang Allen

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