



GIVE 'EM WHAT THEY REALLY DESERVE THIS VALENTINE'S!



Just how much do you love the special people in your life—a little, or a lot? Think about it for a second. If you love them a lot, then the time of year to show them is NOW! **Love is meant to be SAVORED**, so start savoring and make it Valentine's Season! I mean, what IF you never got another chance to show them how much they mean to you? Don't you want them to know how you feel? Well then, what are you waiting for?

The thing is, it's so easy, you should kick yourself for not getting on your white horse sooner—but hey—your loved ones will still take it now, no matter how long it took you to come around. So, on to what I'm babbling about. Here are my 2 suggestions for the best you can give, to anyone you love:

1. Give MORE YOU. Give a BETTER YOU. **YOU** are probably the most precious and important thing in the lives of those close to you! So do you realize that the quality of your life and your happiness has a direct impact on those around you, especially those nearest you? Do you understand that if you're not operating at your 100% best, real, and unique you, you cannot possibly give as much to the people that really deserve the best you? Whatever your feeling on your life, it is automatically spilling over to those around you; that is a fact, and there's nothing you can do about it! Do you want only good things for them? Then give it to them by doing your best to have good things for you!

So, are you taking a little time each week to enhance your life, conquer your fears, take care of yourself, remove negativity, and move towards your dreams? If you are not, you are not only cheating yourself, but your loved ones too! So get started, right now—it's SO easy! Just read a page or two of **RISE ABOVE THE SH**!** every day or so, and you'll have enough simple ideas for things you can do immediately to make your head spin! Do it for them—they love you dearly!

2. Take the time to put a little thought into a gesture or gift for your loved ones...don't they deserve it? **The THOUGHT that goes into a gift this time of year goes much farther than the item itself, and you will receive far more back from them than you ever expected!** Pay close attention to comments and wishes of someone you love, and think about what this person really likes. You can make it simple, or go all-out! Here's some ideas in putting together a gift that includes the things they love, or the things they love to do:

- ♥ Take the time to pick up their favorite food or candy or drink item(s)
- ♥ Get a gift card for where they like to go with their friends or for things they like to do when they have time for themselves, or a favorite store they buy things for themselves at
- ♥ Pick out a day or night and follow through on playing with the kids and/or handling other responsibilities so they can go shopping, to the spa, or out with friends, or whatever else they like doing, but don't get enough time for
- ♥ If time with you is what they're wanting, tell them you'll make all the arrangements for reservations, babysitters, etc. so it's no work for them, and go someplace they really enjoy
- ♥ Maybe even fill up a box or basket with these things, and other things to pamper them—like a good book on how to go after their dreams ;) Why not? Don't they deserve the world?

No matter what options you go with this Valentine's, make it a SEASON of LOVE. . . they are probably one of the things that really make your life worthwhile, so they should always be your priority in life. It takes so little to show them, and they will appreciate everything you put into yourself and into the gift or gesture for the special day. So really give from your heart, then sit back and embrace the wonderful, unlimited feelings real love brings!

Continue spreading the love of the season on anyone you care about. Hand-make cutout heart valentines or pick up some of those kiddie valentines and give them to your friends and family. You can even tape a small,

wrapped candy or trinket to the envelope. I promise, it'll make 'em smile! My friends have told me that opening one of these in the mail made them giggle! (And that's what it's all about!) Show your love, every chance you get. It's what makes the world ROCK! Have a warm-from-the-inside Valentine's! ~Mary Anne

"Raise \$1 million for charity while making the world a happier place!"

-Mary Anne, Author
RISE ABOVE THE SH**!



Make life incredible, no matter what!

Raise your eyebrows and your standards in life!

Considerate gift for anyone 13 years & up!

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