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Make Time to Appreciate Your Invisible Gifts

They're the only ones we'll carry with us until the end

 Niklas Góke · Apr 27 · 3 min read



Photo by alexandra.lammerink on Unsplash

When I turned 26, my dad quoted Hermann Hesse on my card:

“Stay as you are by changing every day.”

Top highlight

I don't remember what present I got, but I do remember those words. Even though they technically weren't his, my dad passing them on meant the world to me. In just eight words, he told me so much.

He told me he'd always love me for who I am, even if I was no longer the little guy building Duplo trains in his office. He acknowledged I was on a different path than he was — professionally, personally, any way whichever — and that was okay. He even encouraged me not to stop, for chasing change is what, ironically, makes us who we are.

They're all like that, aren't they? The best gifts are invisible. You can't wrap them in fancy paper. Can't send them in the mail.

There is nothing sadder than an influencer's staged reaction when their spouse hands them another “surprise car” for their latest Youtube video. Where's the context? Where's the meaning?

Meanwhile, when The Rock **gifts** his stunt double a new truck, a 6'2" giant breaks down and cries. That's not ecstasy induced by new rims — it's 17 years of blood, sweat, and literal tears bubbling to the surface.

“A small token of my appreciation,” The Rock called it, and indeed, the truck may as well have been a toy, because this gift — a *real* gift — is not about money. It's about recognition, about gratitude, and about respect. The truck is just a symbol. Without their nearly two-decade relationship as friends and co-workers, it wouldn't mean a thing.

Real gifts don't have to make sense to outsiders. They're imbued with history, not luxury. As long as you get the message, the world needn't recognize it as a present.

Every day, we receive small gifts like this. Your partner checks the door is locked after you've fallen asleep. They **refill your glass** while you're brushing teeth or buy your favorite candy bar without asking. These aren't burdens lifted from our to-do list. They're signs of understanding, and that's why they're worth much more than the effort they require.

It takes little to give these gifts and even less to accept them, which can make it hard to remember they're the best gifts of all. Ultimately, however, they're the only ones we'll carry with us until the end.

Every now and then, stop and flick through the slide show in your head. Linger over the ones that stuck with you. Cherish their significance, even if you can't explain why it's there.

The best gifts are invisible, and they come in odd shapes and sizes. Like eight words on a random birthday — that say so much more than the ink on the page.

 1.4K  8



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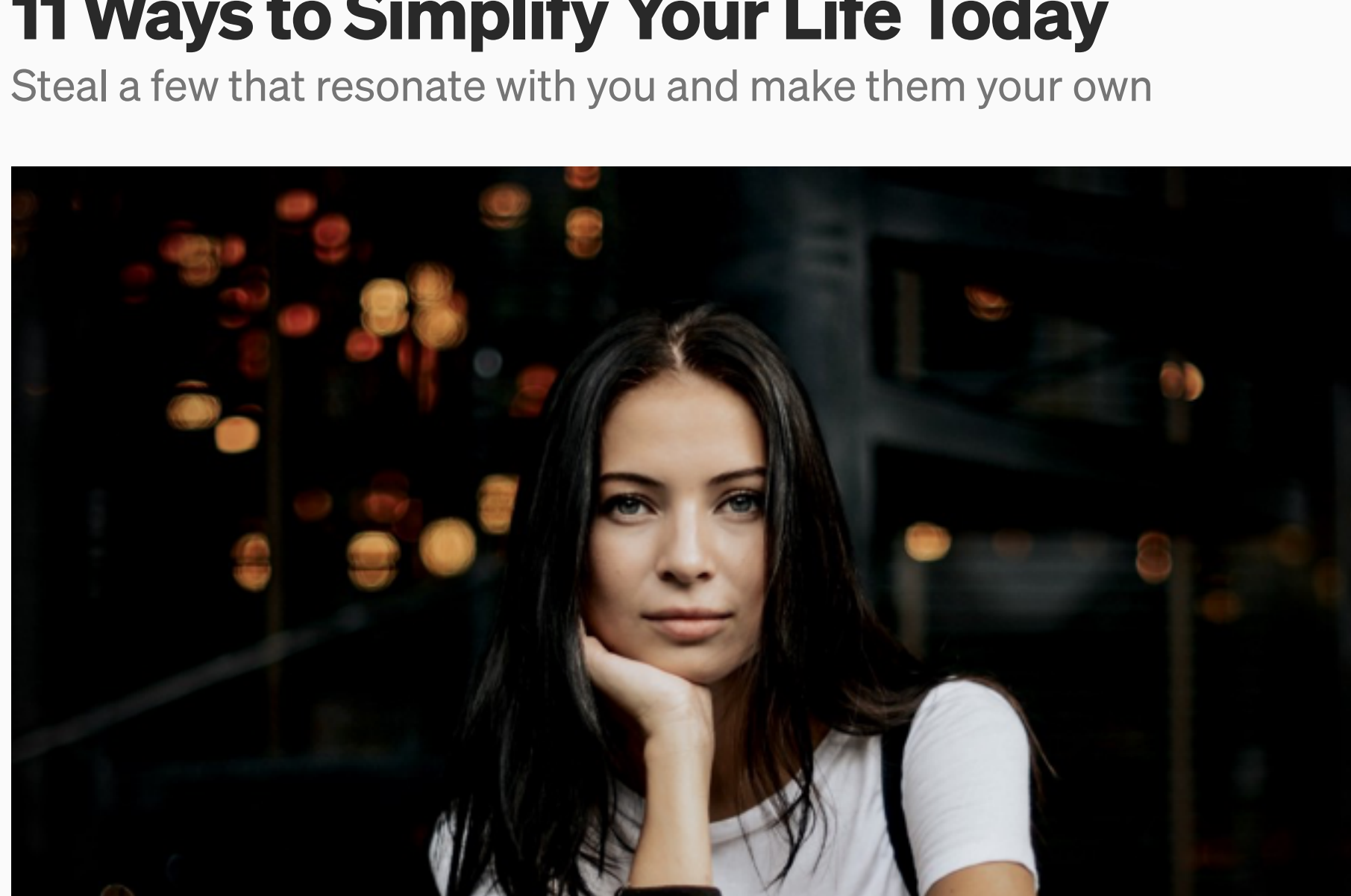
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Michael Thompson · Apr 26

11 Ways to Simplify Your Life Today

Steal a few that resonate with you and make them your own



Joshua Rawson-Harris

I became an essentialist the old-fashioned way — I lost all my money. At the time, having my **ex-business partner's dad steal \$250,000 from me** sure wasn't fun. But in hindsight, after finally dragging myself off a barstool, it turned out to be the best thing to ever happen to me.

There's something liberating about having little left to lose. ...

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Niklas Góke · Apr 26

You Don't Need Infinite Motivation

You need to stop delaying your dreams

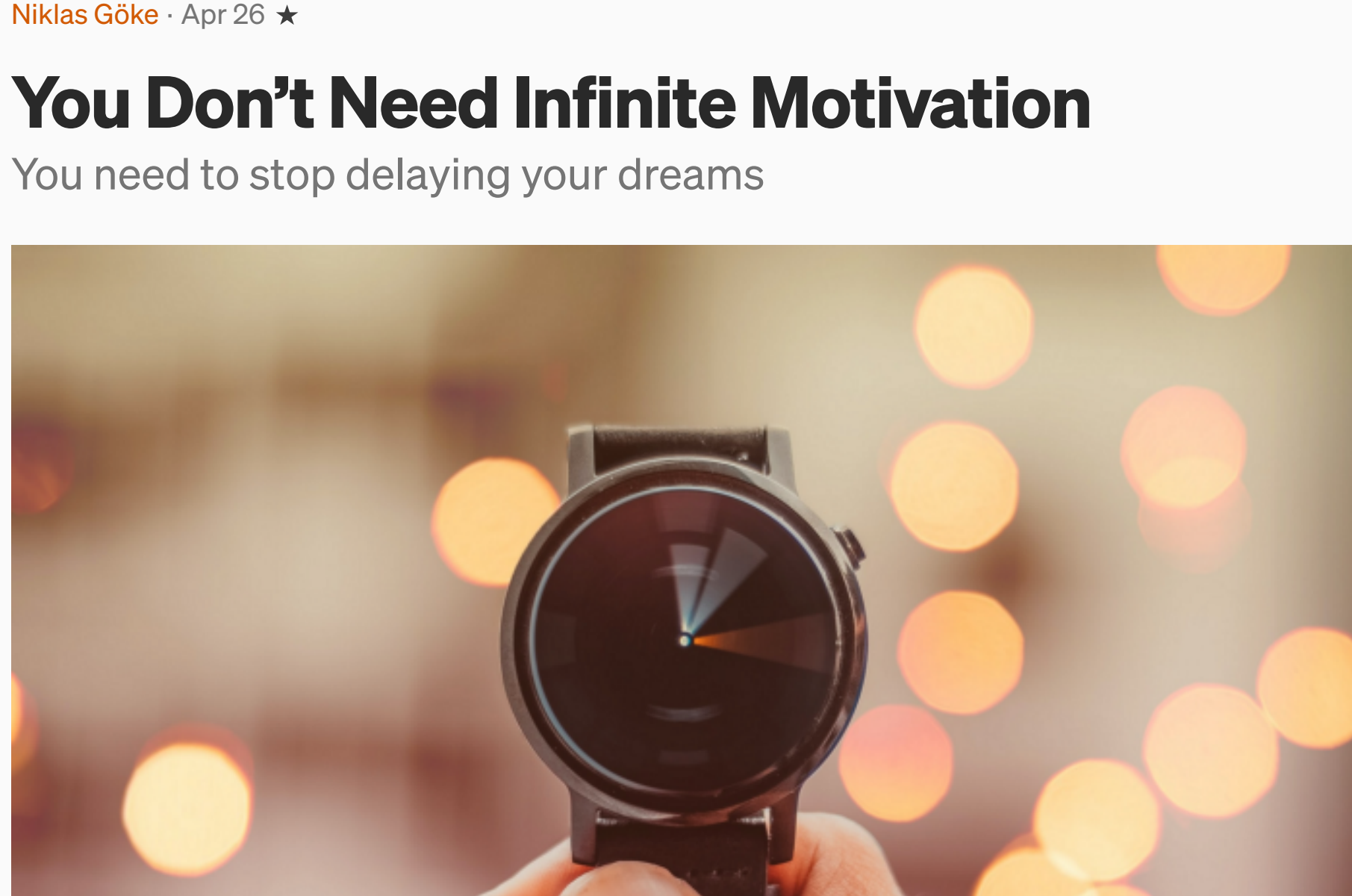


Photo by Saffu on Unsplash

If you had infinite motivation, what would you do?

Imagine the desire to procrastinate was expunged from your existence. You don't dawdle — ever. There is zero friction between you and your next task. Every morning, you wake up, and, like a perfectly functioning robot, you do and do and do.

How would you use this superpower? From your current, a little less motivated perspective, you might think:

“Well first, I'd do the obvious: Get everything in order. Take out the trash, clean the apartment, and so on.”

Okay. Good start!

“Then, I'll have a nice shower, dress impeccably, and...”

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Nick Wignall · Apr 26

4 Psychological Reasons You're So Self-Critical

3. You think self-compassion is self-indulgent

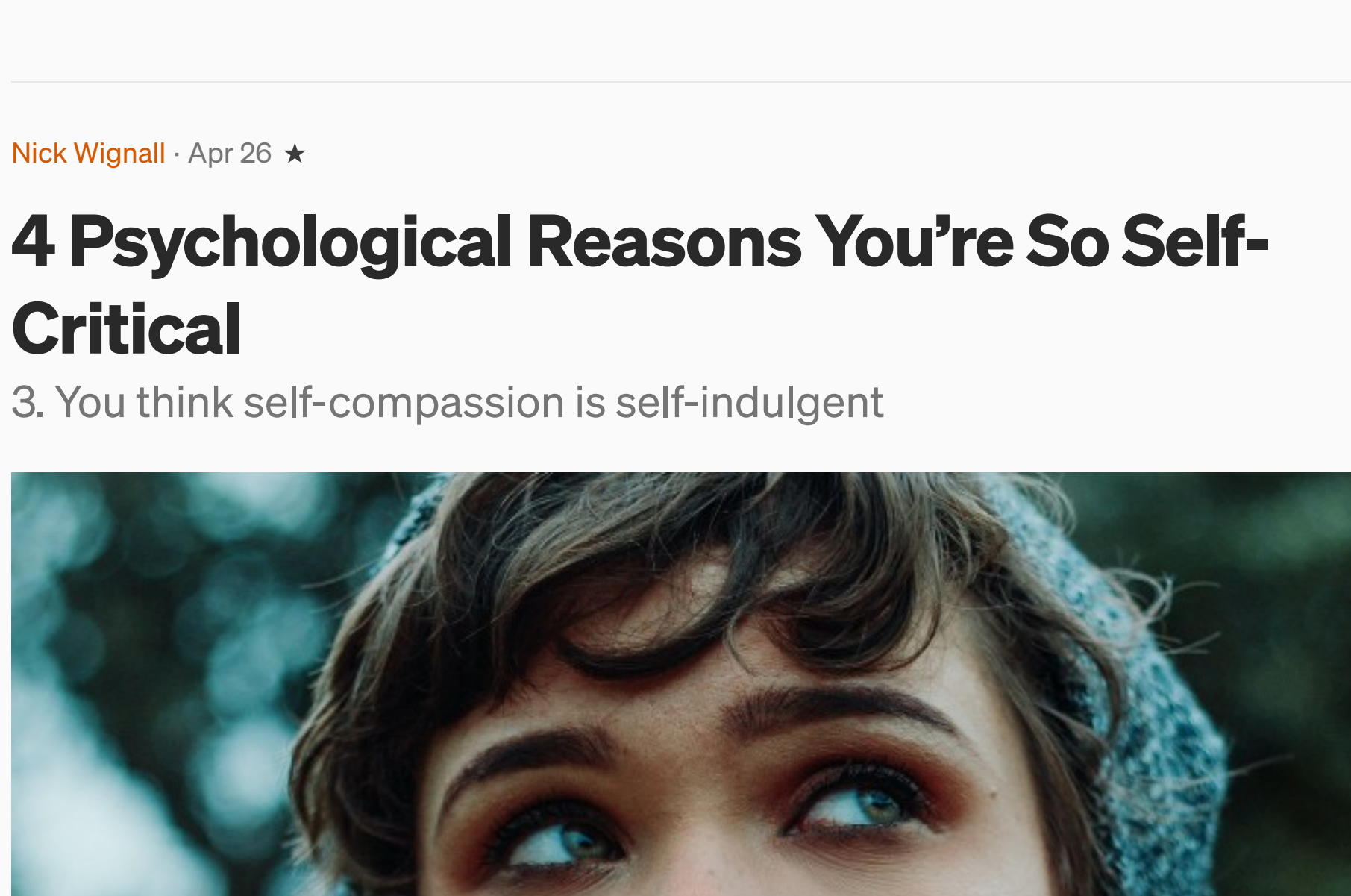


Photo by Juliana Stein from Pexels

Self-criticism is something we all fall into from time to time. But for others it's practically a way of life.

For the chronically self-critical, even the tiniest mistakes trigger tidal waves of negative self-talk and self-directed judgmentalness:



- *Ugh, why am I such an idiot! I've done this a thousand times and I manage to screw it up every time.*

- *That presentation was a disaster. I know I'm no good at public speaking so why didn't I just let Ben take the lead...*

- *That's a terrible thing to think... What's wrong with me?!*

Thankfully, a noble matter how self-critical you are it's...

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Michael Thompson · Apr 23

The People I Admire Most Share One Quality

Being forgiven makes me want to be more forgiving

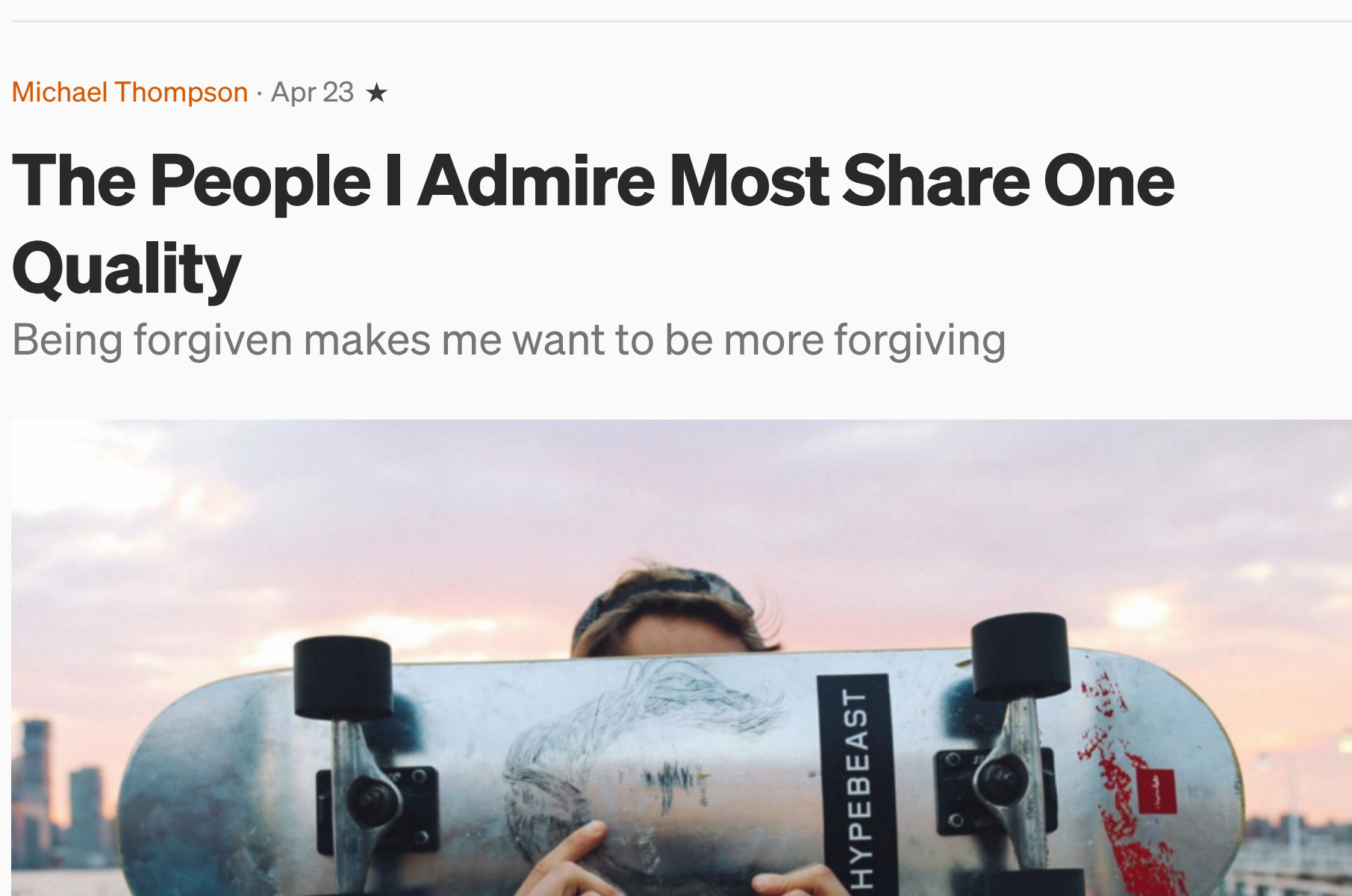


photo courtesy of my friend M[ic]h

Last Thursday afternoon at 5:11 Central European time marks the exact moment my meltdown began. It wasn't good. Frustrations from a few aspects of my life boiled over resulting in a pretty solid explosion.

I yelled. I cried. I was way outta line. The boom in my voice didn't end until 5:39.

I don't flip out often. But when I do, evidently, I got stamina. The worst part is I did it in front of two people who I don't know very well who don't know me very well.

We've only known each other for a brief time. We've never...

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 2.1K  5



Niklas Góke · Apr 20

If You Can't Beat the Fear, Just Do It Scared

Let doubt be your guide instead of your game over

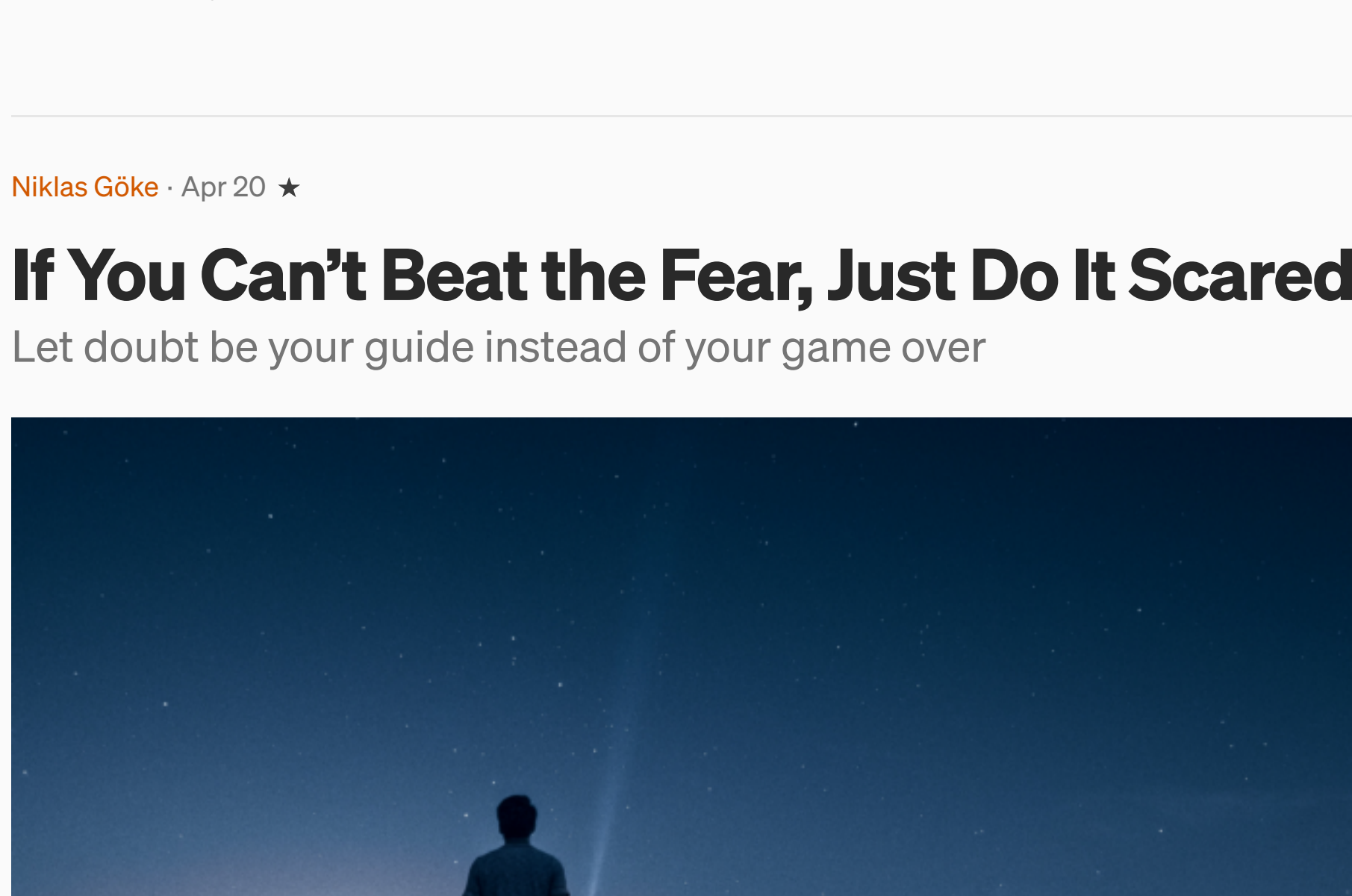


Photo by Wanzan Wang on Unsplash

Glennon Doyle knows what fear is. The fear of eating, fear of drinking, and fear of speaking. The fear of saying what she wants, changing her mind, and admitting her marriage isn't working.

Doyle struggled with bulimia, alcoholism, and other addictions. Her ex-husband was unfaithful. How should she raise their three daughters? How could she explain she now loved a woman?

More so than most people, Doyle needed her own advice: “If you can't beat the fear, just do it scared.”

I hope your fear won't come with as much trauma as Doyle had to go through, but I do...

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