

5 Ways To Be More Selfless

We all want to be better people and to do our bit for those around us. Do you know how to be selfless? Are you wondering how to work on yourself to develop into the best possible version of yourself you can be?

Let's look at five simple ways you can be selfless, which both help those around you and also make you feel amazing. We can't change the world alone, but we can take small steps together.

How to be more selfless:

1. **Give often.** We should never give just to receive, so sometimes a small gesture can make a difference. Buy gifts for your friends and family for no reason. Show them that they are in your thoughts.
 - ◆ **Your gifts don't even have to be complex or lavish.** You could bake for a friend or family member to cheer them up after a hard week, or to congratulate them on a new job, or simply because it's a pleasant thing to do.
 - ◆ Put other people first and recognise that you are making someone happy.
2. **Make more of an effort.** We could all maybe pick up our phones and speak to friends more frequently, but so often, we expect them to come to us.
 - ◆ One of the best ways to be selfless is to surprise and support your loved ones. **Go and visit a friend, take them a gift, book a surprise trip for**

them, and make them feel special and valued.

- ◆ Friendship is a wonderful gift, and if you make a special effort to engage with those around you while expecting nothing in return, you're on the road to a more selfless, carefree attitude.
3. **Engage and listen.** If a friend needs some support, perhaps offer them a coffee or a shoulder to cry on. Listen to their worries and concerns. Clear time in your schedule to take your friends and loved one's problems seriously.
- ◆ Offer advice but be fair, listen, and don't judge. **Sometimes one of the most selfless things you can do is be there to support somebody who needs it.** Respond to them. Don't just hear them but listen to what they have to say and have a discussion. Put someone else first.
4. **Small gestures make a huge difference.** It's often the smallest, seemingly insignificant gestures we

make that people appreciate the most.

- ◆ Cook a meal for a busy friend who gets home from work late and doesn't get the chance to eat properly.
 - ◆ Hold the door open for a stranger or offer to pay someone's grocery bill in the store.
 - ◆ **Donate to charity where and even volunteer at a homeless shelter.**
 - ◆ Give unwanted clothes to good causes.
 - ◆ Buy a stranger a coffee. Random acts of kindness matter.
5. **Be inclusive.** Perhaps there is a shy person in your friend group who just wants to break out of their shell.
- ◆ Consider inviting them for dinner. Maybe someone you know is struggling financially. Cook for them or throw a get-together to include them.

- ◆ Include people in your circle. Remind your friends and family just how much you love them and how grateful you are to them.
- ◆ Say thank you often and listen to everyone who speaks to you. Accept everyone's thoughts, feelings, and opinions, and respond in meaningful, genuine ways.

There are numerous ways to be selfless. Just take time to support people around you, reach out to people, and enjoy the company of the amazing people you have in your life. Also, remember; the smallest gestures can make a huge difference!