

## HERO

*“To some you are one in the world, to others you are the world.”* Unknown

You are a hero to someone.

Often, you are not aware of those to whom you are a hero. You are just helping and being there for them. To you, it's natural.

Then we have the community heroes. They help everyone, family or not. Think of all the heroes:

Volunteers in hospitals, schools, nursing homes, clinics, libraries

Retired business people coaching young business people

People teaching others their skills

Babysitter

Someone who takes the time to talk and listen to others

The above is just a small indication of all the heroes. When people are bored, or just don't know what to do with their time, they can volunteer. The satisfaction and the 'pay' are huge.

Giving back, helping, using your skills to teach another, and just giving a lending hand do so much for others that it also helps you. It's a rule in life that you can't help someone else without helping yourself.

Most people are unsung heroes. They toil for years and years without any recognition. Occasionally, there is a news piece or article highlighting an unsung hero. But, most toil away without recognition. Recognition is not needed when one gets the internal recognition knowing the good feeling of helping others.

When you volunteer and help others you also meet other like minded people and create lasting friendships. The new friendship in itself is reward enough.

Don't help in order to be a hero, unsung or sung. Help out for yourself. Help out for your self worth. Help out to give more value and meaning to your life. In the helping is the getting and the getting is far more than the helping.

Most heroes do small things, things that are not noticed. But, to the one who receives the benefit, it is more than noticed. It is remembered long term.

Who had been a hero in your life? Perhaps a teacher from years ago? Why not acknowledge that hero? Why not tell them what they did that meant so much to you? It'll make you feel good as well as the hero. Everyone wins.

Next time you are feeling bad, think about the heroes in your life that supported and helped you just because you are you. They knew you were special. You should also. The best way to feel good is to help someone else. You know someone that could use some help. Even a phone call can make a difference.

So, thank those who have been heroes to you and be a hero to someone else.