



The Birthday Project

 Today is a very special day. It may be the best day of my Mom and Dad's life. For 29 years ago their favourite child was born - **ME!** I'm sure they would agree on all points. I'm sure my siblings know the truth and would agree also. I still get excited about my birthday! I am excited to spend time with friends and I am always excited about a reason to celebrate anything. I just like to celebrate really.

Something very interesting shifted for me this year which has caused me even more joy. I was cleaning, (which I have been doing slowly for the past three days to get ready for my birthday guests) and doing some of my best thinking. I was thinking about this coming year and how it is the last year of my twenties. I was thinking if I had one birthday wish for my birthday weekend, what would it be? My wish would be that my friends who are gathering with me this weekend have a wonderful weekend, full of joy, laughter and fun. That we talk and reminisce about the good times we've had this weekend for the next 60 years!

This is a shift for me. If I can reflect honestly on past years I would have thought more along the lines of, it's **MY** birthday so **I** should have fun! But what I've realized is nothing brings me more happiness than being around the happiness of others. So it is no accident that a dear friend and colleague posted on my Facebook wall on Monday a very interesting thing called [The Birthday Project](#). The basic premise was started by a blog by Robyn Bomar. For her 38th birthday she committed to 38 random acts of kindness. The blog spread like wildfire and a movement was made. Now all around the world people are committing to making *others* happy on *their* special day.

I love it! So I too have committed to it. It is a great way to give back to loved ones, strangers, and your community. And another great thing is, it's a work day! Which means I get to give back to the staff, children and families of [ABC Head Start](#) - now **THAT** truly makes me happy!

Is your birthday coming up in the next year?? Maybe you should make it a birthday project year? Remember to add ABC Head Start or your favourite charity to your birthday list. :)

P.S. Last night, while watching American Idol, I rolled \$32 worth of pennies donated by Bartle & Gibson for ABC Head Start's [Plentiful Pennies Donation Drive](#). That's enough pennies to feed two classes of 16 children for one day! EVERY PENNY COUNTS!