

[Back to Live 4 You Coaching Home](#)

Create Your Holiday

The holiday season is here. The spirit of joy, peace, and love fills the air. This is my favorite time of year! Being surrounded by decorations, lights, gift wrap, ribbons, and music reminds me of the beauty of it all. This is also a very busy time of year and even chaotic for some. People are rushing to stores after work to finish their holiday shopping, hoping they have enough time to get everything done. There are cards to send, parties to attend, and feasts to prepare. All of this can make it hard to truly enjoy the holiday. How many of you feel stressed out and overwhelmed? What could you do to manage your stress?



Take some time to really think about what stresses you out. Let's just say you absolutely hate standing in line, you can feel your blood pressure rising by the minute! What are some alternative ways to shop so you don't have to stand in line? I'd like to share my ideas with you. How about shopping online, ordering gifts from catalogs, or just simply managing your time so you can shop earlier? You can even ask a friend or family member who loves to shop to pick up a few things for you. Most people hate the traffic that seems to "magically" triple during the holidays. If this applies to you, what can you do to stay calm in the moment? After all, if you get into an accident, the traffic will be the last thing on your mind! Just think about it.....what are you rushing for? You always get to your destination, don't you? What can you do to make your experiences more enjoyable? Most of us commit to visiting many people in one day, wanting to spend time with all of our loved ones and friends. How might this affect the day? From my own experiences, the day becomes hectic, making it difficult to enjoy my time. If you let go of expectations and ask yourself, "What would I like to do for the holiday this year and where would I like to go?" What would your answer be? You just might be surprised! The holiday season is the time of year when we are reminded to do for others, taking the focus off ourselves. As wonderful as this is, remember, this is your holiday too. Enjoy it! Celebrate with love in your heart and mind.

"A peaceful life begins with being peaceful"



“The holiday is forever in your heart and soul. Keep it with you wherever you go. It’s not the gifts, decorations, or the holiday tree. Open your heart and you will see”

This is a special time for giving gifts but financially stressful as well, now more than ever. We tend to forget that there are so many ways to give to others and we don’t have to spend a fortune doing it. This is a great opportunity to awaken your creative side and use your talents. What activities do you really enjoy and how can you use your skills and gifts to give to the ones you love?

Let’s brainstorm together:

- **If you enjoy writing**– Create songs, poems, and letters.
- **If you are an artist**– Draw or paint a special picture, create special cards or postcards
- **If you love taking pictures**– How about putting a special album or scrapbook together?
- **If you love to cook**– Make a special dish or dessert, bake a variety of cookies, or prepare a basket with goodies
- **If you can sew**– How about using your skill to make a scarf, hat, blanket, etc?
- **If you are a handyman/handywoman** - (I know you women are out there!)
How about helping a friend or loved one with a project around the house?



For those of you who feel you don't have a creative side (I bet you do and you just don't know it yet!) how about helping a friend, a loved one, or someone in need by offering your time? You can assist with shopping, decorating, babysitting, volunteer work, or simply spending quality time to show you care. What other ideas come to mind? Keep in mind, it is also a lot of fun making your own gifts. I made a few of my own this year and I had a blast! Store bought gifts are nice but nothing compares to the gifts that are given from the heart.

It's the thoughts attached to giving gifts that make them big or small, sometimes they appear enormous and sometimes nothing at all"



I wish you a happy and healthy holiday filled with peace and love

As a gift to you Live 4 You Coaching is offering special holiday discounts. Feel free to contact me for more information.

Penny Stollmeyer, CEC (Certified Empowerment Coach)

(732) 626-3359

pnstoll@live4youcoaching.com

www.live4youcoaching.com

Did you miss November's Newsletter? [Click here!](#)

