

– THE COACHING CONNECTION –

Connecting You With All That You Can Be Personally and Professionally

What Do You Want For Christmas?

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This time of year can be stressful with the addition of so much to do to our already overflowing schedules. Are you experiencing joy and a sense of peace this season or are you feeling like it's the "holi-daze" season of having too much to do with all the extra shopping, baking, cleaning, decorating, celebrating and parties to go to? Do you wish it would never end or do you wish it would just be over?

Many of us experience high expectations of what the season "should be" and how we "should feel" this time of the year. Many times these expectations are based on family or other traditions that don't always suit our current circumstances, our needs, today. We also spend a lot of time and energy planning gifts and giving to others. In doing so we sometimes overlook our own needs.

As the holiday season enters full swing this is a good time to take a moment, pause and ask yourself "What do I want most this holiday season?" Not just that new sweater or "thing-a-ma-jig" for your home, but what is most important to you. What would make it a season of peace, joy and love for you? Is

it spending time with friends and family? Maybe you desire the peacefulness of some time alone to reflect, listen to music, or read? Or maybe it is making a commitment to yourself not to over indulge too often this season? What would make your heart sing? A walk in the woods? A call with a friend? Being outdoors? Think about what gift you could give yourself this season.

Wouldn't it be great to be less tired, depleted, irritable, and withdrawn this holiday season? By choosing to be proactive and getting your needs met you can then have a greater capacity for love, understanding, joy, compassion, empathy and connection with others.

Here is a simple exercise, that will only take a moment from your busy schedule, to help you plan a special holiday gift for yourself. Ask yourself "What do I most need this holiday season to experience it as a season of peace, joy and love?" Make a list of the things that will make your life easier during this holiday season. Take a moment to sit quietly with your eyes closed, sip your eggnog, and expand your list.

Once you have completed your list read through it again to see if there is a recurring theme. Is rest and relaxation showing up? More connection with others? Quiet time? Doing less this year? Next make a list of possible ways to fulfill the needs you listed.

Prioritize the list and take the steps you need to make it happen. This could be scheduling the time, getting the support of others, making a reservation, outsourcing some tasks or just doing less. The last step is to enjoy this most

special gift you are giving yourself and celebrate!

By slowing down and making the time to get your needs met you cultivate more peace, love and joy in yourself, giving you more energy to celebrate with all those around you and begin your New Year out feeling refreshed and energized.

Be good to yourself this holiday season and let your light shine brightly! ENJOY!!!

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The Coaching Connection is a community-based service connecting you with all that you can be personally and professionally. This service is provided by our local Mount Washington Valley Professional Coaches, Angela Zakon and Cathy Nealon. Your suggestions are important to us. If you have a question or topic you would like to see The Coaching Connection address please contact Angela at 447-4337, www.ZakonGroup.com or Cathy at 383-3639, www.AmazingPossibilities.com.