



Coach Jane

Happy Holidays

'Tis the holiday season, ho, ho, ho. The holidays are traditionally the busiest and chaotic of times. We rush through the season with our many to do's.

How will you manage your festive season? Set your priorities for yourself and remember it is always better to under promise and over deliver. Begin with the end in mind. Make a plan and be realistic. The holidays impact every area of your life.

Career/Business – If you are in retail, this is your most profitable month. Many businesses find December a slow month, a great time to extend appreciation to loyal customers and staff. Decide what you absolutely have to do? Identify what you would like to do and finally what you will do?

Friends/Family – Sharing and spending time with our loved ones for me is the real gift of Christmas. The biggest gift is just being together. Use this time wisely for the gift of time may not appear quite the same next year. This holiday, tell your friends and family how much they mean to you.

Fun/Recreation – Are you having fun yet? If you are a skier then no doubt you are dreaming of a white Christmas. What is fun for you? Is it playing board games with your kids? I always encourage clients to step outside their comfort zone. If you keep doing the same thing you will keep getting the same result. Why not try something new this holiday season? You never know you just may have the time of your life.

Health – I am sure you have heard the expression you are what you eat. Do you really want to be a fruitcake or a shortbread? Carrot sticks and lots of water are usually not part of the fan fare unless you are a reindeer. Do your best to keep some balance here and you will be glad you did.

Money – Ah, the joy of gift giving. Clients never complain that they have too much money but I do hear frustration and despair over mounting debts. Setting a budget can really help and after all do you really want to shop till you drop?

Personal Growth/Me Time – At this time of year you may be saying, time for who? What keeps you balanced? Is it writing in your journal, taking the dog for a walk, music or a luxurious bubble bath? Sometimes fifteen minutes of solitude can reap huge rewards.

Physical Environment – This refers to your home or place of business, your surroundings. If you have ever renovated or moved you know how chaos in your space can lead to chaos in your life. If things are hectic and chaotic in your space with holiday visitors and festivities, it is most helpful to have one room that you can retreat to and replenish that spirit.

Romance/Significant Other – Have you shared with your spouse what is important to you this holiday season? Spend time together and make this holiday special for you and yours.

The holidays and the month of December also bring us to the end of the year. December is

completion. What are you most thankful for this year? As you reflect on 2006 you begin to feel the excitement of 2007. What will 2007 bring for you? We will talk more about creating a vision for 2007 next month. Happy Holidays!

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