

## Organized for the Holidays

### What to really focus on:

1. Vision: what experiences do you want to have/create/live during the holidays?
2. What matters most: get clear on what really matters so that you can say no and let go of the rest.
3. Work your plan in small blocks of time. You don't have to do it all at once.

### 1. Decorating

- a. Most precious pieces – let go of the others
- b. Traditions – honour them. Talk about them
- c. Legacy pieces – which pieces are they?
- d. Less is more – not everything has to be out

### 2. Food

- a. Plan your menu in advance
- b. Pot luck is ok during the holidays
- c. Group baking together or online – use Zoom or Skype
- d. Food prep before the event – what can you pre-cook or pre-chop before the day of the gathering?

### 3. Activities

- a. Schedule them on a family calendar
- b. Plan in advance – which are most important?
- c. Set limits and budget

### 4. Gifts

- a. Gift wrapping station
- b. Christmas Gift List which includes:
  - i. Name, item ideas, budget, purchased, wrapped
  - ii. Include receipts with the gift list (put it in a clear page holder)
- c. Stay within budget: Money doesn't buy love: Don't go into debt to show someone that you love them

### 5. Feelings: Overwhelm, Grief & Loss, Loneliness

- a. Honour your feelings
- b. Do not isolate
- c. Visit in smaller blocks of time
- d. Use technology (Zoom or Skype)
- e. Talk about deceased loved ones
- f. Cry and let your feelings out
- g. Avoid or walkaway from drama

