



EXCEPTIONAL WOMEN'S COACHING

## Reclaim Your Holiday Spirit

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The holiday season is not what it's supposed to be. This feels true to many of us for legitimate reasons. The economy. World suffering. Lost loved ones. Kids these days.

We set expectations ridiculously high. This year the family *will* get along, we'll lose weight *during* the holidays (by eating well and working out daily for two hours each day), we will feel loved by all, and any gifts we give will be cost-effective, sentimental reflections of our deepest feelings. When we fail at any of these elements, we are devastated and feel validated in our disgust and resignation about the season.

The easy solution is to set expectations low and suffer through the holidays. At Tiara we'd like to suggest an alternative. We'd like you to refresh, renew, and revitalize your relationship with your holiday spirit. Notice this starts with **you**. We did not say **the** holiday spirit. We said **your** holiday spirit.

If we focused on **the** holiday spirit, our task would suddenly seem immense and tiresome. We would need to locate, understand, appreciate, and agree with some external, universal essence of the holidays. This would put the spirit of the season outside of ourselves, out there somewhere, lost and flailing.

When you focus on **your** holiday spirit, the quest becomes intimate, peaceful, and within reach. Although it's revealing and takes courage, it's ultimately the only way to experience the holidays in the manner that's most important to you. Here's how.

**Assume you have a holiday spirit.** This may take either digging deep or lightening up. Either way, the first step is to remember that inside you, you believe in some version of the symbolism, magic, and miracles of the season. It's in there.

**Name your holiday spirit.** Now that we know each of us has something about the season that is inspiring, that seems to call to us, name it. The name might be peace, joy, gratitude, giving, appreciation, love, completion, transformation, new beginnings, or family. It doesn't matter what it is. Name the essence of the holidays for you. Choose something simple that moves you.

**Act like your holiday spirit.** Once you've named your holiday spirit and identified what's most essential about the season, tap into that inspiration and act accordingly. Stop doing what you *should* do this season. Start doing what your holiday spirit inspires you to do in the name of joy or peace or love.

**Witness your holiday spirit in action.** Instead of looking for all the trouble with the season, start noticing your holiday spirit at play around you. Read positive news stories about giving. Purchase gifts from companies that reflect your spirit. Revel in how this season does spark the best in people.

**Be generous and forgiving.** When you get stressed, tired, sad, or disappointed recognize that it's part of being human. When others are shortsighted, irritating, or disappointing realize that they are human too. Forgive ourselves, forgive others, accept our humanity, and invite our holiday spirit to return again.

Our holiday spirit is always ready to be the source of a magical holiday season. Join us live at our free [TeleConnect: Reclaim Your Holiday Spirit](#) on December 13 to put this into practice.