



business and life coaching

December 2010

Finding Joy in the Season

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rodascoaching.com

deborah@rodascoaching.com

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312-798-7404



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Greetings!

Why wait until the New Year to start creating the life you want?

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Make December the jump-start month to begin finding passion, joy, and success in every thing you do!



Finding Joy in the Season

Many of us might agree that the holidays have become too commercial and too hectic. We rush around trying to make sure everything is accomplished. We get sucked into the gift buying trap, what we do never seems to please everyone or be quite enough, and too often, the joy of the season gets lost in the process.



One day you may look around and realize that the true meaning of the holidays has been missed. It's never too late to develop new traditions and find new ways to emphasize what the holidays are all



Special Holiday Offer **5 Ways To Save:**

- One appointment \$125
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Save 30%

Begin your coaching journey in December and receive 30% off the 12 session coaching package.

Contact us today to begin the journey of a lifetime and enter 2011 with the power to create the life you desire and deserve!!!

Holiday Wishes:

about to you and your family.

Promote Family Togetherness Spending time together as a family is an important way to celebrate. Create new family traditions that don't focus on gift giving, like special outings or making holiday cards together for nursing home residents.

Perform Acts of Charity Engaging in charitable activities is one of the most powerful things you can do during this season. Serve meals at a local soup kitchen or shelter, collect toys for a toy drive, "adopt" a needy family and buy food and gifts for them, or donate old toys to a local organization. Whatever you do together to help others, no matter how big or small, it is certain to bring joy to all.

Learn about Different Religions and Cultures. America is a melting pot of religions, cultures, and traditions, so learn about how others celebrate the holidays. What do various traditions mean, what is the history, and how do they celebrate? Learn about these customs and discuss how they are similar to yours and how they are different. Remember that every holiday celebrates gratitude, good will, and peace, no matter what culture.

Encourage giving this year. Gifts don't have to be things that cost money - a handmade card, a plate of cookies, or a helping hand to a neighbor. This reinforces the idea of giving and not just receiving during this season.

Manage Gift Expectations If you want to scale back on gift-giving and emphasize other aspects of the holidays, let your family know ahead of time. Sit them down and explain that you'd like the holidays to be a bit different this year and why. Let them know how excited you are to be making changes and invite them to help you find other ways to celebrate. If they know what to expect, they will accept and even embrace your new way of doing things.

If you find yourself feeling let down after the holidays, wondering what exactly was missing, it's time to reevaluate. Too often, the anxiety of the holidays far outshines the true reasons why we celebrate them. This year, consider what the holidays mean to you and what you want them to mean and emphasize these things during the season and for the entire year. You'll be happy to find that your family agrees that religion, charity, good will, family togetherness, and love for each other creates more lasting memories than elaborate feasts, expensive decorations, and breakable toys.



Let the spirit of love gently fill our hearts and homes. In this loveliest of seasons may you find many reasons for happiness, joy and success in you life.

Sincerely,

**Deborah Sakelaris
Rodas Coaching**

**Deborah Sakelaris
Rodas Coaching
312-798-7404
www.rodascoaching.com
deborah@rodascoaching.com**

