



SIMPLIFY YOUR HOLIDAY

Focusing on what matters

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As the holiday season nears, are you looking forward to it or do you dread the time, energy, and money involved?

- In recent surveys
 - 91% of consumers plan to celebrate the winter holidays
 - 55% of U.S. respondents said they are excited about holiday shopping and have savings to spend
 - 56% have already started shopping in October

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Understand what makes the holiday special for you

- Friends, family, community
- Baking, meals, entertaining
- Gift giving, volunteering
- Faith



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Rate Your Holiday Values

Understand what makes the holiday special for you

- ___ celebrate with friends
- ___ to create a festive, beautiful home environment
- ___ relax and be renewed
- ___ celebrate religious or spiritual beliefs
- ___ spend enjoyable time with immediate family
- ___ remember the poor, lonely, and needy
- ___ get together with relatives
- ___ show love and generosity through gifts
- ___ active in church or community organization
- ___ attend special holiday events and programs

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As you think about the holidays, reflect on

- What are the special holiday activities that you enjoy the most?
 - *The holiday tradition, event, task or activity that you get the most satisfaction from is....*
- What are the holiday activities that you least enjoy?
 - *The holiday tradition, event, task or activity that you dread is...*

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Be wary of becoming a “holiday perfectionist”

- Make a List and Check It Twice
- Gift Giving Expectations
- Delegate
- Prioritize Activities



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Maintain your normal routine as much as possible

- Stick to Daily Routines (eating, exercise, sleep)
- Calendar of Events and Activities
- Get Organized



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Maintain your normal routine as much as possible

Plan backwards

- List deadline dates
 - Gifts to be made
 - Shopping to be done
 - Packages and cards mailed
 - Parties for which to prepare
- How much time



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Give yourself the gift of self-care

- Reflection and rejuvenation
- Play and rest
- Take Care of Yourself
- Quiet and active activities
- Aware of Stress



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Develop family rituals

- Traditions
 - Meaningful time for loved ones
 - Old verses New
 - Simple
- Plan Activities
 - Family
 - Volunteer
 - Charitable



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Set a budget for the holiday (and stick to it)

- Gifts
- Food for Baking, Dinners, Parties
- Convenience Meals
- Decorations
- Cards
- Postage
- Family Pictures
- Travel
- Gift Wrapping
- Home Cleaning Services
- Holiday Tipping
- New Clothes
- Charitable Donations
- Babysitters
- Entertainment costs



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Set a budget for the holiday (and stick to it)

- Cash
- Only use one credit card
- Keep receipts
- Keep your spending plan/ list with you
- Comparison Shop
- Coupons or Sales
- Garage Sale/ Sell items online
- Barter Goods and Services
- Seasonal Work
- Work Extra Hours
- The Gift of ...
 - Time
 - Service
 - Talents
 - Heart

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Take a few minutes to reflect

- If the only requirement is that it fills you with joy and peace, what is your vision of a deeply satisfying holiday celebration this year?
- A goal I have for the coming celebrations is: _____
 - To make this goal a reality, I am going to: _____



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Thank you for joining us today!

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