

A System that Works...SM

Volume 8 No. 5

...for Staying Balanced During the Holidays

Thanksgiving has passed and many are in the midst of holiday preparations and celebrations.

Perhaps one or more of the following tips can help make your holidays more enjoyable and allow you to keep in balance physically, mentally, emotionally and spiritually.

- ☆ Take time to think about what is important to and for you during the holidays.
- ☆ Evaluate the family traditions to see if they are still appropriate and fulfilling.
- ☆ Allow yourself personal time each day. This time can be used for meditation, quiet time, reading, etc. Mark this time on your calendar.
- ☆ Listen to your inner voice. Listen to your body. Both will let you know when you are overdoing it and need a break.
- ☆ Find low cost / no cost alternatives to gifts. Thinking about the person and what you find interesting about them can guide your gift giving.
- ☆ Build in daily time for stretching, walking, yoga or some sort of exercise.
- ☆ Hold holiday cards between your hands as you think about the person receiving them and send along a personal blessing from your heart.
- ☆ Watch your eating habits. It is okay to have special treats, though remember this time of year can promote overindulging.
- ☆ Give thanks for the simple pleasures and treasures each day brings. ^{ASW}

...for Honoring Transitions with Ease

In addition to the holidays, we are close to ending one year and opening to the opportunities, gifts, blessings, and yes even possible challenges that another year brings.

Some welcome this time with eager anticipation, looking forward to starting with a clean slate. Others tend to keep one foot in the past, which never lets them step fully into the present or go forward. I admit that I have danced in both.

Transitions and changes used to be a big struggle for me. It seemed the more difficult path was my standard approach. The nature of the transition/change didn't seem to matter much. As life goes there are things we choose and there things that choose us, whether we like or understand it or not.

Over time, though, I have begun to discover and remember that I have the power to choose, if nothing else, how I move with and respond to transitions and change. And this has made all the difference.

With joy and delight I share with you some of the things that have helped me to honor transitions with ease.

- ☆ *Opening to Acceptance.* Yes that's right — acceptance has made a huge difference.
- ☆ *Taking time for Reflection* on what I have done, how far I have come, what went well and what can I do differently the next time.
- ☆ *Giving Thanks!* Whether I understand it or not at the time, there is always a gift or message or blessing with the transitions and changes life offers.

(Continued on page 2)

...for Honoring Transitions with Ease

(continued from page 1, column 2)

☆ *Clearing the clutter.* Wow this has turned out to be a biggie. Clearing the clutter is one way of releasing that which no longer serves or supports me personally or my work. Now sometimes this can get bogged down. Though what seems to work best is to look at the item, ask does this serve me (or is this something I am to continue to keep for now) and then listen to that inner wisdom, taking appropriate action with regard to the response received. This goes for clothing; papers; books, etc.; miscellaneous items; e-mails; online files. Releasing the energy attachments and creating clear space opens the door for prosperity and new opportunities. Check out *Clear Your Clutter with Feng Shui* by Karen Kingston if you are wondering where and how to begin.

☆ *Engage in ritual or ceremony.* Okay stay with me on this. I am not talking about voodoo. Though I am talking about doing something that indicates the significance of the transition or change. Simple things such as lighting a candle and reflecting. Or write down all that you would like to release and let go of on one sheet of paper; on another sheet write what you would like to come into your life. Once these lists are made, review them give thanks and then burn them.

May your transitions be smoother as you go forward in 2005.^{ASW}

Insights & Wisdom

"It's not the things you do at Christmas. It's the Christmas things you do throughout the year."

--lyrics from a Christmas song

"I used to struggle a great deal over the issue of my perception of not having enough time...I blamed my schedule, my family...anything else I could think of for my plight. Then it dawned on me. If I wanted to be happy, my goal...to see whether I could get to the point where I felt it was okay that I couldn't get everything done I felt I must...It has become far more acceptable to me to accept things as they are."

--Richard Carlson, Ph.D.

Don't Sweat the Small Stuff...and it's all small stuff

"Wonderful, wonderful fortunate you,
This is the year your dreams come true.
This is the year your ship comes in,
This is the year you find Spirit within.
This is the year you learn to live,
This is the year you have much to give.
This is the year that brings happiness,
This is the year you learn to bless.
Wonderful, wonderful fortunate You,
This is the year your dreams come true."

—Unknown

The *A System that Works...for...SM* newsletter is written for individuals and businesses committed to harnessing their potential. Information contained in this newsletter is general in nature and is not intended to replace professional consultation. *A System that Works...for...(Your Success)!SM* is published by ASW.

ASW - A System that WorksSM - is a speaking, training, facilitation, and coaching company focusing on professional, entrepreneurial, and personal growth and development. For information on our services and programs or to schedule a private session, contact: Antoinette S. Webster, President & CEO, ASW, 640 Foster Ave., Hamilton, OH 45015, (513) 887-0600, Antoinette@ASystemthatWorks.com, www.ASystemthatWorks.com.

©2004 ASW. All rights reserved.