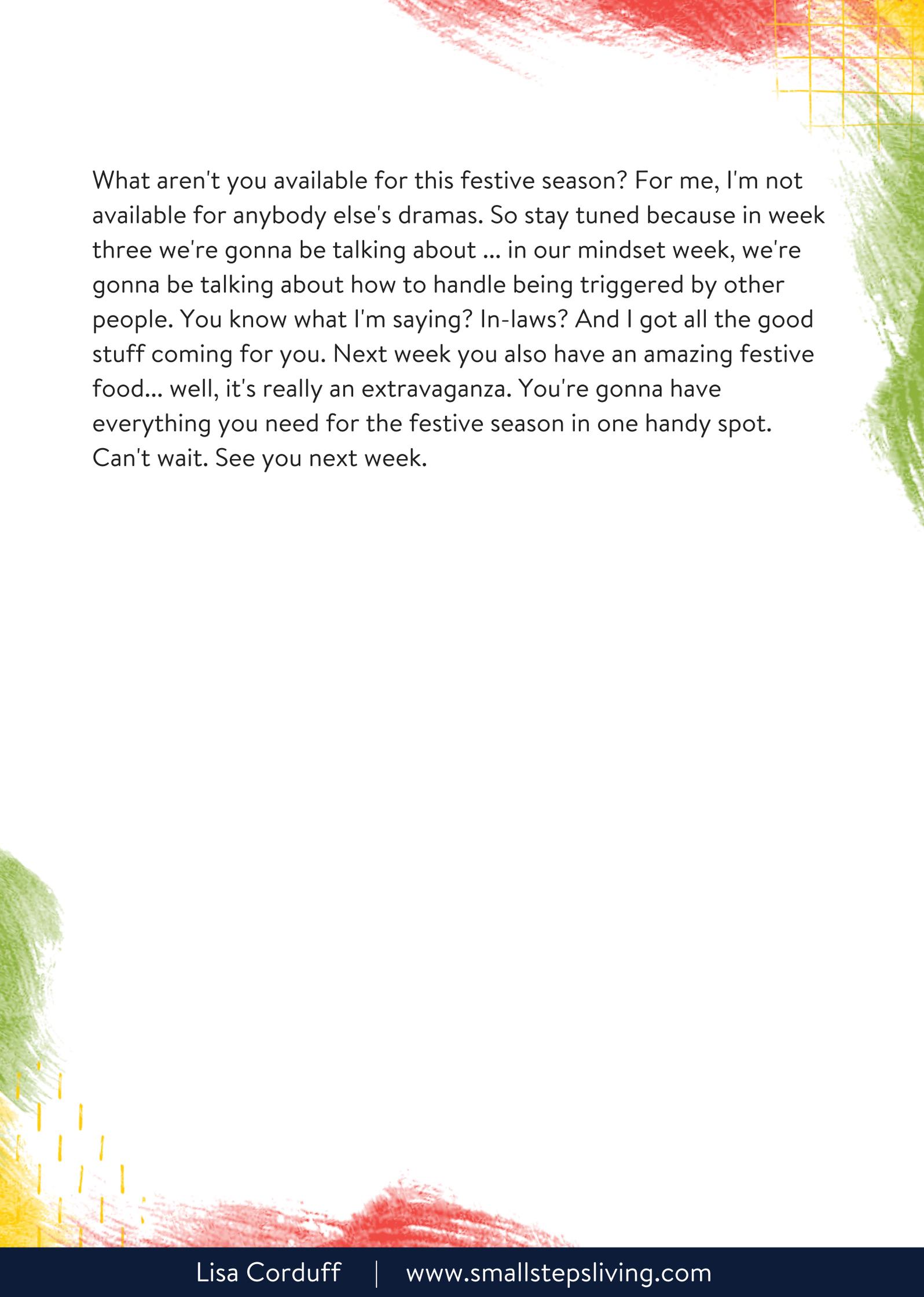


YOUR "SILLY SEASON"

Here we are. It's December. It really is, and you know what it's gonna be? It's gonna be a simple festive season. In my house it's gonna be simple, because I haven't gotten through all of this year only to complicate things, only to stress myself out this December. It's not happening. Just like last year, we've put together a December checklist for you. This is so that you can map stuff out. You can see all the things that need to get done. Use this to your heart's content. Change it up. Create new pages for yourself, however, you like to plan.

You might be a big planner. If you are, I've added something new this year and that's a what not to do list. And I want us to talk about that this December. I think you know, just because things have been done doesn't mean they always should be done. I think just 'cause you get an invitation doesn't mean that you always have to say yes to an invitation. I think that we don't have to take on other people's expectations of us at this time of year and it's so easy to fall into that trap, isn't it?

Check out your December checklist. Let's map things out. Let's have things calm. Let's not add multiple things to a day. Sure, there's more on. For me, there absolutely is, but we get to decide, we get to choose. It's our time too, so don't run yourself ragged so you're a heaped mess by New Year's Day, okay? That's not what we want. We wanna make sure that we're honouring all the things that we need throughout this festive season. So go ahead, download your checklist, that includes your what not to do list and let's keep brainstorming this what not to do.



What aren't you available for this festive season? For me, I'm not available for anybody else's dramas. So stay tuned because in week three we're gonna be talking about ... in our mindset week, we're gonna be talking about how to handle being triggered by other people. You know what I'm saying? In-laws? And I got all the good stuff coming for you. Next week you also have an amazing festive food... well, it's really an extravaganza. You're gonna have everything you need for the festive season in one handy spot. Can't wait. See you next week.