

Seven Random Reflections as we Begin the Holiday Season.

What are the Holidays that matter most in this season?

We can not do all the things at the same level all the time. So as we look at the various celebrations this season, let's ask where and how we wish to invest our resources?

What is my capacity?

Where are the limitations we might need to consider regarding time, finances, resources, and family dynamics?

Where do I need to create margin in the schedule?

Life is not always predictable, and things come up. How and where are we creating space to ensure we respond to everyday interruptions.

How in this season am I going to ensure there is time to both rest and play?

While celebrating can be fun, it is not always restful or playful, especially when responsible for the details. Let's not forget in our responsible adulting that we also need to play and rest.

What habits or practices can I put into place for this season to help me remember the importance of Gratitude?

A book to read, a journal to keep, a gratitude list to write.

Where might my resources of time and finances be best spent to foster a heart of Generosity? Both for myself and my family?

Is there a cause to support, a family to care for, a place to serve.

As we Gather with Family and Friends, how might we make the most of our time together, creating memories that we can treasure for years to come?

Are their traditions to keep, new traditions to begin, foods that bring with them fond memories?