

Spark*

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Online Newsletter by
Julia James, Certified Life Coach



Catch the SPARK to honor your values, envision your success and tap into your creativity.

HOW TO MAKE YOUR HOLIDAY SEASON TRULY JOYFUL

Does your holiday season seem a little less festive than it used to? Maybe a little more stressful?

Sometimes, in the flurry of shopping and decorating and rushing to parties, we completely miss the point of the season. But who is to blame? The holidays can be busy and expensive and emotionally exhausting!

If your holidays are starting to feel like a ritual of obligation, it may be time to change the way you "celebrate".

Here are five ideas to help you reclaim your holiday cheer:

1. Simplify Your Social Calendar

Choose a few parties that are meaningful to you and send your regrets to the rest.



Give yourself the gift of relaxation! Enjoy 10 minutes of sheer bliss.

Guided Mini-Retreats CDs and mp3's at www.juliajames.ca.

Julia James

Julia James is a Certified Life Coach. She partners with busy professionals to help them achieve balance in their lives.

Julia creates a safe space for clients and group participants to explore their passion.

For more information visit: www.JuliaJames.ca

If you find this newsletter valuable, please forward it to someone who will benefit.