

Living On Purpose

Business and Life Coaching

Inspire

“There's nothing sadder in this world than to awake Christmas morning and not be a child.”

-Erma Bombeck

Many of us are feeling the stress of the season. We are worried about the money we have spent, the anxiety of travel or spending time with family, and feeling there is not enough time to complete everything before the holidays draw near.

With a focus of holiday stress, we are not allowing the enjoyment and the magic of the season to unfold. Remember the twinkle in your eyes as December approached when you were a child? Remember the awe and wonder of snowflakes, twinkling lights, presents under the tree, family traditions and swearing you heard reindeer on the roof?

Choose to re-connect with your child-like self. Re-awaken your holiday spirit- the one who truly loved the holidays, embraced the glory of the present moment and best of all, believed.

This holiday choose to focus on the magic. Let go of the stress and instead indulge in the enchanting wonder of the season. Start a new tradition. Sleep under the tree. Give a gift to someone anonymously. Go ahead and let the grouchy man cut in front of you in line and smile at him as you send him holiday blessings.

Choose to focus on the magic this year and maybe you will hear reindeer on your roof once again!

This month I choose to embrace the holidays. I commit to the following three items to celebrate the season and the magic it brings.

- 1.
- 2.
- 3.

I choose to embrace my personal power. I choose alternative thinking. I choose to connect to what I really want in life and go for it!

I AM LIVING MY LIFE ON PURPOSE!

Congratulations! You have made the conscious decision to be the director of your life! The universe supports you in fulfilling your purpose. Move with confidence!

Recommended reading for the month: “The Polar Express” by Chris Van Allsburg.

If you are interested in additional support in finding your purpose, fulfillment, wellness or achieving goals, contact Tiffany Lehman with Living On Purpose Business and Life Coaching at <http://www.livingonpurposecoaching.com> or call 970-214-0049.

"You don't have to see the whole staircase, just take the first step."

~Martin Luther King Jr.