



FIND YOUR FEISTY

INSPIRATION + COURAGE = FEISTY

Create Your Own Holiday Magic

*Change the rules so you can be filled
with what lights you up with joy and fun.*

*The holidays don't have to be
an emotional, physical, and financial drain.*

Challenge Unrealistic Expectations

- Look at your expectations of other people and of yourself.
- Who's driving the expectations?
- Do you *choose* to live by these expectations?

Create Your Own Rules

- Make rules about who gets presents – kids, parents, etc.
- Spend time with people you love – family, significant other, and friends.
- Be of service.

Take Care of Yourself

- Be purposeful with how you spend your time and energy.
- Don't let obligation drive your decisions; let desire lead you where you want to go.
- Feeling exhausted and run down is no way to feel during the holidays.

As always, take what works for you, and leave the rest.

Happy Holidays!

xoxo,
Shawna

for more on creating your own holiday magic,
read <http://www.shawnamorrow.com/create-your-own-holiday-magic>