

Okay, so this can be so untrue! So many of the adults in our lives just hate the holidays. They are stressed, have bad memories, are away from loved ones, are away from custody-visiting children, or sharing holidays with un-joyful loved ones. Are you one of these adults?

It's time for a do-over!!!

Holidays are a great time for us to show our kids how to really love and live. So... lets give it a go. Here are some basic questions to keep in mind for those truly Joyful Holidays. Okay, so sometimes the questions are just so much more important than the answers.

Questions to Ponder for Joyful Holidays

- How do we show joy and love in the choices we make with our time, energy, and money?
- Why not re-do customs?
- What's really important to keep in our family culture?
- Do we continue to buy presents?
- Do we make them?
- Do we create great experiences to share?
- Do we cook, go out, get take out?
- Do we stay home or go elsewhere near or far?

How we set limits with our time and energy makes a huge difference in how we wake up and present to the world. And, let's face it, our world is really our kids and we are theirs.

So... go forth and be joyful!
Happy Holidays to all!? Dr. Margarita