

UP YOUR ATTITUDE...CHANGE YOUR LIFE

24/7 WOMEN

IN THIS ISSUE

**WORK LESS,
MAKE MORE**

**BUMP UP YOUR
IMMUNE SYSTEM**

**PREVENT HOLIDAY
WEIGHT GAIN**

DECEMBER 2015

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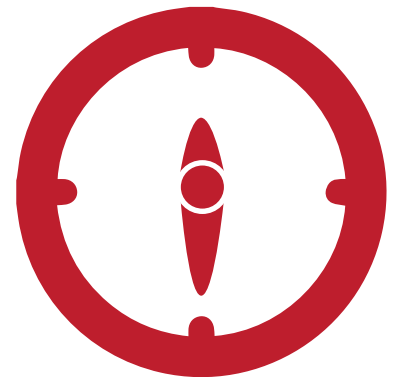
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CHANGE YOUR ATTITUDE...
CHANGE YOUR LIFE

**KEYS
TO A
GOOD
LIFE**

WISDOM TO
UNLOCK YOUR
POWER WITHIN



THE HOLIDAY LIST WITH A MINDFUL REBOOT!

By Deb Wilber

It's the holiday season! Regardless of the holiday you are celebrating, it means lists of things that must be done. Cooking, shopping, wrapping, you get the picture.

About this time of the year, a "mindful" holiday list starts showing up in our social media feeds. I am using it as inspiration for this holiday list with a mindful reboot!

1. Instead of "buy presents", let's **be present** for ourselves and our loved ones. Who wants to rush through the holidays only thinking of the next thing that needs to be done? Stop, take a deep breath and enjoy the time with your family and friends. For some of us, it's the only time we get together and connect. Be present.

2. Instead of "wrap gifts", let's challenge ourselves to **wrap someone in a hug** every day! Remember, that someone can be you! This is a fun challenge for your whole family. If you have an advent calendar for your holiday celebration, you can make giving a hug a prerequisite for the advent treat. You can never give or receive too many hugs!

3. Instead of "send gifts", let's **send peace** to our family, friends, neighbors, plus everyone around the world. This can be as simple as setting your intention for peace each day in your daily devotional, prayer or meditation. Perform a random act of kindness, paying it forward by helping someone. Pay for the coffee for the person standing behind you in line or at the drive thru. Smile at a stranger. Share your smile, spread peace.

4. Instead of "shop for food", let's shop and **donate food** to our local food pantry, church or

civic organization. There are many families with limited budgets during the holidays that need to stretch their dollars. We can all afford to do something to help our neighbors. Whether you donate your time or buy a few extra food items, it will help. Contact your local organizations to see what they need the most, sometimes it's a simple monetary donation that can provide the greatest benefit. Give generously from your heart.

5. Instead of "make cookies", let's **make time for ourselves**. This may not sound like a benevolent option but you need to make time for yourself, to care for yourself and give yourself a hug if you are going to be present during the holidays. In order to care for others, we need to care for ourselves first. Then make the cookies!

6. Instead of "see the lights", let's **be the light** in the holiday season. Looking at the prior items: if we are present, wrapping each other in hugs, spreading peace, donating food and making time to recharge our batteries we can be the light in the holiday season for ourselves and others. We can set a great example for others to follow and also be the light.

Reboot your holiday list, you will be glad you did.

Wishing you peace, love and sparks of inspiration this holiday season.

Deb Wilber is a coach, author, speaker and owner of Real Life Spark™. She created Real Life Spark™ as she believes intuition sparks changes that are transformative. As a coach, Deb creates an environment where you feel safe to explore your journey, gain clarity in your purpose and move confidently towards your dreams.

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Are you ready to ignite the next generation of you?

Deb Wilber can help you understand your journey so you can release your fears, feel more confident and realize your purpose.



Deb Wilber, MBA


Coach • Author • Speaker

Deb Wilber created Real Life Spark™ as she believes intuition sparks changes that are transformative. It was Deb's intuition that sparked her personal transformation, from executive to entrepreneur, and it can spark yours, too! Deb creates an environment where you feel safe to explore your journey, gain clarity in your purpose and move confidently towards your dreams. Deb's authentic style, a blend of executive experience, education and intuitive knowledge, support you in making small and impactful changes with confidence and grace.

**Call or email today
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