

CHANGE YOUR ATTITUDE...CHANGE YOUR LIFE

24/7 WARRIOR

GLENNON DOYLE MELTON

CARRY ON WARRIOR

**Will You Have
Hallmark Holidays
or Something Else?**

Why mental preparation is crucial.

**What You Must
Know to Beat SAD**

Combat winter blues with these tips.

DECEMBER 2016

NO
74

WWW.CYACYL.COM



Deb Wilber

HOLIDAY SPARK!

It's that time of year again, the magical season that runs from Thanksgiving through New Year's Day. I'm not sure when everything got lumped into one term "the holidays", but when it happened I believe our collective stress levels increased.

Each one of us celebrates a different combination of holidays during the last six weeks of the year: Thanksgiving, Hanukkah, Christmas, Kwanzaa, New Year's Eve, New Year's Day, etc. Add in a few birthdays, anniversaries, and all of our regular responsibilities and it becomes a busy time of year.

How will you stay sane, get ready and enjoy the magic of the holidays? Find your holiday **SPARK!**

Take time for your **Self!** Create a pocket of time in your day for a few minutes of self-care. Ten minutes of meditation or a daily walk. Inspirational reading or working on your favorite hobby. Take a few minutes to decompress and recharge your battery.

Create a **Plan** for the holidays! If you can stay ahead of the craziness, you will feel more in control. Find some time to update the family calendar with all of the holidays events. Decide which events are most important and if you must participate or attend all of them.

Allow yourself to be present. You can find a way to get it all done. We survive the holidays. Typically, we have a sense of accomplishment but not a sense of enjoyment. This year, allow yourself to be present at each holiday event, meal, and gathering. Express your gratitude for your friends and family; gratitude will lift your spirits and the spirits of others around you.

Relax, it will all get done! The gifts will be purchased and wrapped. The cookies and pies will get baked and enjoyed. The parties will be attended. Think back to past years. Did everything get done that needed to get done? Sometimes we create impossible plans and lists of tasks that don't really need to get done. So, relax, what needs to be done will get done.

And finally, be **Kind** to yourself and others. Embody the holiday spirit in all that you do and with everyone you encounter. Create a mindset of holiday spirit. Practice kindness with yourself. Smile at yourself in the mirror. Forgive yourself if you didn't bake the extra pie or pick up the extra gift. Practice random acts of kindness: buy a gift for giving tree, or donate a few hours at a local shelter. Kindness counts.

Find your holiday **SPARK** and enjoy the holidays!

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
to schedule your
complimentary 30
minute mini-coaching
session.**

 201.230.1255

 deb@reallifespark.com

 www.reallifespark.com



CYACYL

JOAN HERRMANN'S

***CHANGE YOUR ATTITUDE...
CHANGE YOUR LIFE***

SATURDAY NIGHTS AT 12:30AM

on New York's 710AM WOR + iHeartRadio

MISSED A SHOW?

Visit CYACYL.com to listen to past shows.

