



# Mastery Coaching & Consulting

*master your day, master your life*

MasteryConsulting.net • 215.460.6173



# *Holiday Mastery*

*For when the sparkles are overwhelming*

## IT HAPPENS EVERY YEAR

Surprise, the end of year holiday season is back and pushes your ADD buttons, hard. (For you mere mortals, ADD is formally called Attention Deficit Disorder. I prefer Attention Disbursed Differently.)

ADD means you love to plan—but the follow through is boring. It feels like doing the same thing twice, so why bother?

ADD means you hate to plan—let's just get right to it!

But oye, without some sort of planning the mistakes can be rough, not to mention embarrassing.

How can you stay focused, in control, and not feel rushed, pushed, pulled, overspent, overcommitted, over-everything without being 'over' it all?

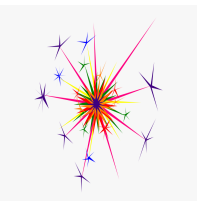
What can you do to stay calm, chill, and masterful?

The elves aren't much help; they're busy. Rely on these tips instead.

## THINK ABOUT YOUR THINKING

Anything requiring predicting, planning and additional demands on your time and money can cause stress. Holidays and ADD tend to add even more.

We have expectations. They have expectations. A key point to remember is that regardless of family, friend, work or marketing pressures, *you* can decide how to make the holidays work for *you*.



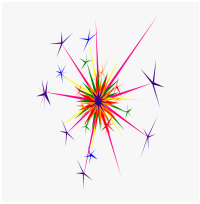
My version of this holiday is:



## THINK ABOUT YOUR MOTTOS

Develop a few mottos that will help keep you focused on what you want and what helps you be more content and happier. Perspective is everything!

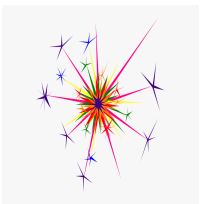
- *ADD means ADDitional Distractions. I'll remember that it's not my 'fault' when I feel overwhelmed.*
- *I do a damn good job with what I have.*
- *Sharing is caring. Share the work, share the fun.*
- *I'm doing them a favor by not buying extravagant gifts that will make them feel inadequate.*
- *I give because I want to. I don't give when I can't or don't want to.*
- *'Tis better to be solvent than to be Santa.*
- *It's all good. (Well, maybe not all, but most of it!)*
- *When all else fails: This too shall pass.*



My two mottos are:

## GREAT EXPECTATIONS FROM FAMILY & FRIENDS?

- All traditions begin with something new. Start your own. The more fun the more memorable.
- It's OK to say yes to what you want to do even if it means saying no to what others may want. Some love a party, some don't. Prefer vegan to turkey? Go for it.
- Despite Amazon and QVC insisting buying more is better, give what you want to give.



The tradition I will quit:

The tradition I will start:

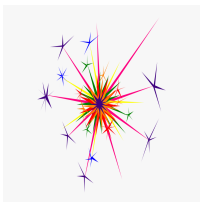




## CAUGHT IN THE MEMORIES?

Quit trying to compete with your childhood, whether it was abundant or felt sparse.

- The holidays were probably not how you remember them. What feeling did you like? What do you wish were different? What makes your holiday sparkle? Craft your version below.
- It was a different time in history. Once upon a time holidays were smaller, less conspicuous.
- You don't have the same resources your family did. You may have more or less time or money. Work with what you have now. Use your ADD tangential thinking to your advantage!
- Things that were very expensive then are usually less so now. Do you need to buy until you've spent your dollar limit? Will it be clutter to the receiver? Giving a single present doesn't mean you have to keep adding to the pile to give the impression of abundance.
- Marketing drives unrealistic expectations and competition. Ignore the glowing commercials that promise your life will be perfect if you buy their fabulous product.
- Don't judge a gift as 'less than'. Appreciate it's a gift, and you're free to use it, keep it, or pass it on.
- You are who you are. Other people's issues are just that. Do the best you can with what you have. You'll inspire someone.



The best holiday feeling I had as a child was:

Money doesn't create feelings. I can recreate my good feelings by:





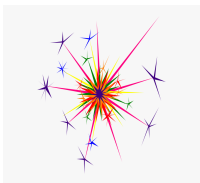


## MASTER ADD HOLIDAY FINANCES

By definition, compulsive spending really hard to resist. You know all the right words to convince yourself that your compulsions are logical, no matter how illogical they may be.

Focus on how much you CAN spend and not how much you CAN'T spend. They'll love you regardless of your income.

- What do you typically spend? Is it realistic relative to your income?
- Set aside money in a separate account during the year. Most banks will allow more than one checking account; consider keeping vacation or holiday money separate from your 'regular' account that you use for weekly spending.
- Ask if you can split your paycheck deposits to go to different accounts automatically.
- Self-employed? Fund the holiday account regularly, just like your tax escrow.
- Instead of planning the most you can spend, what's your lowest estimate? How much can you go over the 'limit' and not beat yourself up about failing? ADD often means you're harder on yourself than others are.
- Go for 'no-guilt' gifts. It's more fun and a healthy challenge to choose gifts when you decide what you want to spend before you buy so you don't feel guilty later.
- Shopping online? Curb expensive impulse buys by reviewing your cart later instead of buying it immediately.



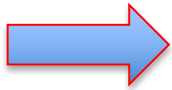
I can spend this much on the holiday this year:

Instead of clicking BUY NOW, I will:



## MASTER HOLIDAY TIME & GIFT GIVING

- Shop during the year. You'll feel less pressured during the holiday buying time crunch. The gift selections are often more plentiful and interesting when you're on vacation or traveling. Finding things at street fairs and local shops keeps holiday giving unique, supports small businesses and lets people know you've been thinking of them all year.



Use the Note app on your phone to keep sizes, preferences and ideas with you. Include what you already bought so you don't overbuy. Stay organized by storing your gifts in one place so you can see your progress.

- Donate to a good cause. Choose wisely with <https://www.charitynavigator.org>.
- 'Experience' gifts are super and can be used at a later time. Show tickets for the group, perhaps? Reservations in January for lunch with you?
- Have a 'gift store' area to store the gifts you buy during the year and stock it with wrapping supplies, gift bags, colorful tissue papers, scissors, tape, and all the other things you often have to dodge the crowds to buy at the last minute. Since most gift wrapping is temporary, buy it at a dollar store or other low-cost vendor and save the money for the gift itself.
- Spending too much time stressing about gift ideas? Having a theme can make it easier. Choose a color, a flavor, a taste, or sound as a gift guide. Blue? Candles, blueberry jam, blue shirt, blueberry syrup, blue decorations, blue cake sprinkles and blue beverages.



REMEMBER, IT'S YOUR MONEY, YOUR TIME, YOUR EXPECTATIONS AND YOUR HOLIDAY.

# BE MASTERFUL.





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Leslie Robison believes we create our best life one day at a time and has been coaching, organizing, expediting, and guiding people toward their goals since 1999.

Trained and experienced as a coach & professional organizer, she continually inspires, helps, and collaborates with curious and motivated people as they create better situations at home and work.

She's authored teaching materials, trained peers, and regularly leads community and adult learning events on topics such as time, space, information management, communication and personal mastery.



Most importantly, after over 20 years of continually learning about adult thinking and behavior by working with a wide variety of clients in diverse situations, she's proud to relay that experience to help others.

## Services

Coaching	Easy, effective, convenient sessions by phone keeps you on track
Classes	Easily learn realistic ways to master your time, space and information

## ***It's easy to contact Leslie***

- Read more at the [blog](#), [Facebook](#), [Twitter](#), and [LinkedIn](#)
- Call 215-460-6173
- Email [Leslie@MasteryConsulting.net](mailto:Leslie@MasteryConsulting.net)
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*"Leslie is able to reframe a situation so that you can see it, understand it, from a perspective you wouldn't have considered.*

*That leads to new insights and answers that weren't evident." Robert H.*