

# Save Time & Sanity this Holiday Season



Holiday prep is a bit like running a miniature army: loads of strategizing, planning, purchasing, feeding, organizing, and evaluating. This planner kit will help you (the brigadier general in your family) to focus on the values and traditions you hold dear. By investing one (1) hour today on the forms and templates in this Holiday Planning Kit you will gift yourself a more peaceful and joyful holiday season.

## YOU DESERVE IT!



1. **Identify WHAT IS Important.** This is the 1<sup>st</sup> step to holiday sanity. Schedule your holiday to-do's in your calendar as an appointment with yourself. (see pages 2,3,4,5,9)
2. **Simplify the Rest.** House cleaning and weekly meal prep fall under the less-is-more-rule for the months of November and December. Simplify and downsize all but the most essential chores.
3. **Go Light on Décor.** Limit your holiday décor to one container per room. Before you take down Christmas, take photos of your decorated spaces to make it easier to set up decorations next year. (see page #8)
4. **DON'T Shop Till You Drop.** Shop efficiently first thing in the morning or an hour before the stores close; it is far less chaotic. Consider buying the same type of gift for several people. For extended family, try giving a family gift instead of a gift for each person in the family OR draw names; then you have just one person on each side of the family to buy for. (see pages 5,6,7)
5. **Wrap it Up.** Choose one go-with-everything wrapping paper. Another viable option, reusable bags and pre-decorated boxes are a real time-saver.
6. **Easy Holiday Meal.** Go potluck and let your guests shine. Recruit the help of your partner and kids. When everyone is responsible for one or two things, they feel involved and valued – and YOU feel less stressed.
7. **Tell People You Plan to Simplify.** Call a family meeting to discuss your family's favorite parts of the holiday and what they would be willing to eliminate to decrease stress. (see pages 2,3,4)
8. **Stay Organized.** Have a place for everything and everything in its place during the holiday season. Ideas: gifts you've purchased, a gift-wrap station, and make-it-yourself meals. (see pages 3,4,5,7,8)
9. **Get Spiritual.** Remember that Christ really is the reason for the season. (see pages 2,4,9)
10. **Enjoy the Season.** After all, it truly is THE MOST WONDERFUL TIME of the year!