

➤ A SEASONAL MANIFESTO ➤

THIS HOLIDAY, I AM ALLOWED TO DITCH THE TRADITIONS WHICH HAVE LOST THEIR GLOW, OR WHICH NO LONGER WORK FOR ME. I AM CHANGING, AND IT'S REASONABLE THAT MY LIFE WILL REFLECT THOSE CHANGES.

THIS HOLIDAY, I WILL MAKE TIME FOR THE PEOPLE I LOVE AND THE PEOPLE WHO LOVE ME IN RETURN. EVERYONE ELSE CAN WAIT.

THIS HOLIDAY, I WILL SAY NO TO THINGS AND PEOPLE I JUST DON'T FEEL UP FOR. I DON'T HAVE TO EXPLAIN IF I DON'T WANT TO. I CAN JUST SAY NO.

THIS HOLIDAY, I WILL TAKE A BREAK FROM THE SHOULD'S (HOLIDAY CARDS, OPEN HOUSES, ETC.) AND LISTEN INSTEAD TO MY DEEPEST DESIRES (QUIET MORNINGS BY THE TREE, DINNER WITH FRIENDS).

THIS HOLIDAY, I WILL EMBRACE THE UNEXPECTED AND UNPLANNED (ILLNESS, SCHEDULE CHANGES, ETC.) AS GIFTS IN DISGUISE (OPEN EVENINGS, TIME TO REST).

THIS HOLIDAY, I WILL TRY TO MAKE PEACE WITH MY PRESENT. I WILL RELEASE MY EXPECTATIONS OF MYSELF AND JUST DO THE BEST I CAN. MY LIFE IS IMPERFECT AND I DON'T HAVE TO SHOW UP PERFECTLY IN EVERY MOMENT.

THIS HOLIDAY, I WILL HONOUR MY BELLY AND TEMPERATURE WITH THE CLOTHES I WEAR. I WILL NOT KILL MY FEET OR MY BACK FOR BEAUTY. I WILL TRY TO WORRY LESS ABOUT OTHER PEOPLE'S OPINIONS. I WILL PAY ATTENTION TO MY OWN NEEDS AND HAPPINESS FIRST.

THIS HOLIDAY, I WON'T TRY TO CRAM EVERYTHING IN BY NEW YEAR'S EVE. THE LONG, EMPTY DAYS OF JANUARY CAN USE A LITTLE SPILLING-OVER OF CHEER AND I CAN USE MORE ROOM TO BREATHE.

THIS HOLIDAY, I WANT COMFORT AND JOY INSTEAD OF ANXIETY AND STRESS. I CHOOSE A HAPPIER STORY FOR THIS SEASON.

