

TIS' THE SEASON TO BE JOLLY!



We don't all celebrate Christmas and if we do, we don't always feel like celebrating Christmas. Sadly, for many people this season can, in fact, be the most depressing and discouraging time of the year. Why? Maybe because we haven't done all the things we said we were going to do. Maybe there were circumstances that happened that made us sad or angry. Maybe we feel that we don't have a lot to be thankful for. Well I am here this week to spread the good cheer of the season! I want to get us all thinking about the things that have gone well this year, the great things we have learned and everything that we should be eternally grateful for.

Some people have stopped reading this article already! *"Bah Humbug! What does he know about me or my circumstances."* If you are still with me at this point I urge you to stay the race – I promise it will be worth it.

Let's reflect

It is a time of the year when many of us reflect on the year just past. Unfortunately many people will not spend too long doing this – after the pain of remembering some of their early failures or mistakes they decide to drown the rest of their unpleasant memories in Eggnog! Why is it that we so clearly remember every little failure or tiny mistake we made, when I am sure we had many more successes, small or large, during the year - things that we should be celebrating? My suggestion is that before this year is over we sit down with a piece of paper and a pen and write down all of our wins, successes and happy times no matter how small they may seem. If we look at that list why wouldn't we want to grab ourselves in a big bear hug and say out loud "I love me!"

Of course we all made mistakes and had bad things happen to us this year as well. Do you know how I know? Because we are all human! We did and said some dumb stuff. We made a mistake at work or in business. We had a fight with someone, and it was our fault. We missed a goal that we had set for ourselves. We didn't do everything that we said we would do. We had a situation occur that we weren't expecting nor wanting ... I can say with all honesty that I achieved all of the above! I would bet a lot of money you did too – 'you' being every person reading this article. So, if we all stuffed up, then let's feel good about the fact that we are human. Let's celebrate and have a drink to our imperfections! If we can learn from our mistakes then they weren't mistakes at all – they were lessons that will lead us ultimately to success in any area of our life. **It is truly time to party!!**



Let's be thankful ...



Many people would respond to 'Let's be thankful' with 'Thankful for what?' Well for a start I would say I am thankful that I am not underneath that bull!! It is interesting that one persons tragedy is another persons inspiration. What stops one person in their tracks will propel another on to great achievement. What one person will use an excuse to prevent their success another will use as their reason to make it happen.

I am here to encourage everyone reading this article to look for the reason to be thankful in all situations or circumstances, no matter how bad they may seem on the surface. This ability is the key to a long, happy & healthy life and the best way to launch into this season of being JOLLY!

So, let's celebrate and be Jolly!

Come on, it really is the time to celebrate! Why? You maybe asking – well let's see shall we? Have you made someone smile this year? Then celebrate! Have you helped someone in some way? Then celebrate! Have you finished something you said you would? Then celebrate! Do you have at least one person who is there for you? Then celebrate! Do you have a family? Then celebrate! Do you have a roof over your head? Then celebrate! Have you been paid for your time or services this year? Then celebrate! Have you had the ability to pay for your expenses this year? Then celebrate! Do you get my drift? **Then celebrate!**

THE GOLD WRAPPING PAPER - An Inspiring Christmas Story

'Once upon a time, a man punished his five-year-old daughter for using up the family's only roll of expensive gold wrapping paper before Christmas. Money was tight, so he became even more upset when on Christmas Eve, he saw that the child had used the expensive gold paper to decorate a large shoebox she had put under the Christmas tree. Nevertheless, the next morning the little girl, filled with excitement, brought the gift box to her father and said, "This is for you, Daddy!" As he opened the box, the father was embarrassed by his earlier overreaction, now regretting how he had punished her. But when he opened the shoebox, he found it was empty and again his anger flared. "Don't you know, young lady," he said harshly, "when you give someone a present there's supposed to be something inside the package!" The little girl looked up at him with sad tears rolling from her eyes and whispered: "Daddy, it's not empty. I blew kisses into it until it was all full." The father was crushed. He fell on his knees and put his arms around his precious little girl. He begged her to forgive him for his unnecessary anger. An accident took the life of the child only a short time later. It is told that the father kept this little gold box by his bed for all the years of his life. Whenever he was discouraged or faced difficult problems, he would open the box, take out an imaginary kiss, and remember the love of this beautiful child who had put it there. In a very real sense, each of us as human beings have been given an invisible golden box filled with unconditional love and kisses from our children, family, friends and God.'

SO, LET'S EAT, DRINK AND BE JOLLY - MERRY CHRISTMAS!

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