



Your Schedule

Isn't it amazing how quickly the days in December become consumed by to-do lists and engagements? Ironically, the best way to enjoy the season to the fullest is to limit your activities. If you are in a constant state of motion from the mall to holiday parties, to your niece's school pageant, you will have no time to actually enjoy the season. Before you say yes to one more event or plan another shopping endeavor, **STOP**. Pull out your calendar and plan rationally.

Planning

All of us have must-attend events. Add those to your calendar first. Now take a hard look at them. How many of them do you really want to go to? Of the ones you don't want to go to, what is the worst thing that can happen if you don't go? If you can skip out on them without dire consequences, then do so. Send your regrets. There is no need to create an elaborate excuse. Just say you can't make it.

Now think about what events give you the most pleasure and add those to your calendar. Take a hard look at those events. Is your calendar too packed now? If so, then decide which events you can live without this year and take them off your schedule.

Downtime

Finally, schedule some downtime. Literally, write it into your calendar so you don't blindly end up filling that time with an upcoming event. Be stingy with your down time. In the middle of December, you will be grateful for a night of home cooked food and holiday TV.

Last Minute

Keep in mind that events will come up at the last minute. Before saying yes to these invitations, let the inviter know that you will have to check your schedule and you'll get back to them. Then, check your schedule! If the event is something you want to go to and you have the time, then do it. If not, offer your regrets.