

## SHARRON'S 12 STEPS TO A HAPPY CHRISTMAS

### 1 TUNE INTO GRATITUDE

Be grateful. It's easy to focus on what's wrong, so switch your focus. Your thoughts become your outcome, so concentrate instead on what's right. Think about all the positive aspects of Christmas, the things you appreciate and that make you happy. Write a list of your top five things to be grateful for. This will shift your focus and mood into a positive state more quickly and easily than anything else.

### 2 MAKE A PLAN

Decide how you want your Christmas experience to be and how you want to feel. Christmas is a once-a-year journey to enjoy, not a dash to the finish, where you collapse in a heap of exhaustion.

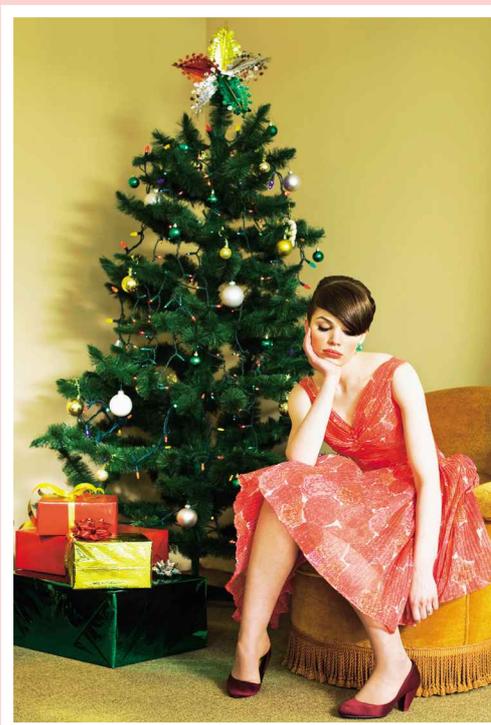
- \* The mind will not differentiate between real and imagined, so visualise Christmas as you want it to be: magical, fun and easy.
- \* Have you ever attended a wedding where the bride walks down the aisle in her workout gear or arrives on the wrong day, because she didn't make a plan? No, I thought not. A bride makes a plan, and Christmas is the same. If you start the day playing catch-up or with items on your to-do list yet to be done, you will create overload. Instead, plan the day in manageable chunks and write a simple list. Follow this plan and tick off the items as you go.

### 3 USE POSITIVE WORD POWER

Choose your words with care. Use positive language such as: I can, I will, it's possible. Your 'I can' is far more powerful than your IQ. Whether you think you'll have a magical Christmas or a stressful one, remember your thoughts will become your reality and you will prove yourself right both times.

Don't fall into using 'overload' words: I should do, I have to, I can't... These become 'martyr speak' and make Christmas an event to endure, not an occasion to enjoy and embrace.

At the end of the day, focus on and tell yourself what you did well and not on what you didn't do. Give yourself compliments not complaints.



### 4 MAKE YOUR INNER VOICE A FRIEND

We all have one. It chatters away to us all day. Is it a good thing? Well that depends on what it's telling you. Is your inner voice a friend or the enemy within? It's hard to beat the enemy when you've given it an office inside your own head. Is your inner voice telling you that this Christmas will be happy and fun, or is it saying the opposite? Is it saying you feel in control and have a plan, or is it stuck on a repeat loop telling you, 'I'll never get it all done, there isn't enough time'?

Your internal monologue is like having your own radio station, so tune into a positive, uplifting frequency. The most important things you say are the ones you say to yourself and the most important opinion is the one you have of yourself.

### 5 DECIDE WHAT CHRISTMAS MEANS TO YOU

Why is it important to you? Is it about family time with people you love away from work, time to reconnect, play, have fun, an opportunity to

volunteer and feel useful, a time for reflection, me-time, a chance to plan new goals? The right answer is exactly the one that works for you.

- \* Move your focus from *what* you are doing to *why* you are doing it. The why you are celebrating Christmas will motivate you to stay positive, joyous and confident far more than what you will be doing. Write down your top three reasons why this Christmas is important.

### 6 PLUG IN YOUR MIND COMPUTER

In my book *The Mind Makeover* I share how to run your mind using the same commands you use on your computer every day:

- FILE** all your positive thoughts, feelings and Christmas experiences so you can quickly access and replay them for an instant pick-me-up.

- DELETE** all thoughts that don't empower you or make you feel good.

- MUTE** other people's negative chatter, opinions or comments. You do not have to absorb another person's opinions. Press mute, or - better still - delete toxic energy.

### 7 CHRISTMAS CHATS AND THOUGHT BOOMERANGS

Christmas thoughts that you throw out into your day can boomerang. They swing back to you as your feelings and emotions. If we focus on what's stressing us or the fact that we don't have enough time, that's exactly what we will get more of - stress and lack of time. When we focus on what excites us, what we are happy about and grateful for, that's exactly what we will get more of.

- \* Be aware of Christmas chats and who you talk to. Don't share negative opinions; delete them. When you put together two people who are dreading the family get-together (forced family time in an enclosed home with too much food and drink and for far too long) they'll add to each other's negative state (especially if the conversation is over a couple of glasses of wine). Delete negative dialogue.