

# 5 Ways to Ensure The Best Holiday Season EVER!

**Hint: None of them involve \$\$\$**

## 1. LET GO OF NEGATIVE EXPECTATIONS

The Law of Attraction dictates that you get more of what you focus on. Another way to say it is, “**You get what you expect.**” If you are looking forward to the holidays with a sinking feeling in the pit of your stomach, then you are expecting the worst. Guess what? You will get it!

**Expectations are a story you made up.** If you’re going to make up a story anyhow, why not make up one that serves you? Looking ahead to the holidays, begin by asking yourself, “How do I want to feel during this time?” **You have 100% control over how you feel.**

## 2. LET GO OF IMAGINARY CONTROL

Memorize this question, “Do I have any control whatsoever over this?” If the answer is “no,” then let it go! This includes *any and all actions of others*. The **ONLY** thing you can control is how you feel.

## 3. FOCUS ON RITUALS, NOT GIFTS

Quick! What gifts did you receive in 2006? It’s rare to remember all the gifts we receive but what we do remember are those special rituals—hot cocoa and cinnamon buns around the Christmas tree, the lighting of the Menorah or the kiss at midnight on New Year’s. If your family doesn’t have rituals, why not create some this year?

## 4. LOOK FOR WHAT MAKES YOU SMILE OR LAUGH

Remember, **you get more of what you focus on.** Look for things that bring a smile to your lips. Even the most disastrous of holidays is often remembered with much laughter years later. Why not skip the years and laugh **now** (even if only on the inside)?

## 5. PLAN YOUR ESCAPE ROUTE

Maybe you can’t actually “go over the wall” but there are all sorts of ways to escape inside your mind. Fantasies can be great fun to indulge. For example, pick a famous comedian and imagine what he or she would be doing at that moment in your circumstances. Jimmy Fallon of *The Tonight Show* has a segment where he writes funny, painfully honest thank you letters. Maybe you can be writing *your* thank you notes in your head. Or take that trip to Tahiti you’ve always wanted. It’s your mind; you get to say what it does.



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