

5 Keys to a Healthy Holiday

give yourself a check, tally, or heart each day you accomplish one of these keys. The goal is to fill your bar!

Mindfulness



Preparedness



Freedom



Healthy



Positivity



Mindfulness

This is above all the most important term to remember, not only during the holidays, but in everyday life. The word mindfulness is tossed around a lot lately, but do you really know how to put it into action?

During the holidays, it's way too easy to get caught up the moment. Being mindful this time of year can simply be the act of recognizing a stressful situation (possibly something that shouldn't necessarily be stressful), closing your eyes, taking a deep breath, and reminding yourself of the goal--happiness and joy.

Preparedness

So this is one area I thought I excelled in this year--and to an extent, I did. Being prepared in advance takes a lot of unnecessary stress off the table. Starting my shopping early, staying organized with Google Keep, and getting my cards out early helped so much. With two growing girls, I'm sure I'll constantly be evolving every year and I plan on saving notes from this year so I can refer back next year. Stocking stuffer ideas, number of big presents, teacher gifts, holiday baking, etc. Maybe the same way I created a Google Sheets Editorial Calendar for blogging, I can create one for the holiday season?

Freedom

I am all about yummy treats, and I usually do give myself the freedom to enjoy (unless I'm being super strict to reach a goal!) so the holidays are no different. The key is to recognize what is worth it and what is not going to be.

Health

The busy nights and work parties are all set to derail healthy goals. And while having the freedom to enjoy the delicious holiday treats is important, we all know how horrible it feels to completely fall off the wagon. During this time it's important to make healthy choices and get in workouts whenever possible. Without a conscious effort to stay healthy, it's all too easy to let it go leaving you in a less than desirable spot moving into the New Year.

Positivity

Above all else, a strong positive outlook will more than likely squash negative thoughts and emotions. Be sure to stay laser focused on a happy, healthy, successful new year. Even if you don't normally journal, now is a great time to open up a notebook and just brain dump goals. I recently started bullet journaling in a notebook, and I find that even if I do it consistently, it allows me to reflect and have the opportunity to be more mindful of my thoughts and focus more on positive goals.