

# Growing Happiness with Lori Brown

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## Happy Holidays

Fall has come and gone and now we enter the hustle and bustle of December. This is the month where our lives ramp up with parties, gift buying, picture taking, tree decorating, cookie baking, finals, traveling and, of course, family! It's exhausting just thinking about it.

So, how do you plan to get through it? Is your plan to press forward with your head down and recreate a "Martha Stewart" holiday regardless of the consequences? Perhaps, you plan to sleep through the month of December and wake only when you are safely on the other side of 2011. Maybe you are a "fly by the seat of your pants" kind of person and you will get to January 1<sup>st</sup> one way or another.

This month I am going to be sharing coaching tips to help you get through the holidays with a smile, some gratitude and the knowledge that you can make your holiday beautiful and enjoyable.

Each week of December, on my blog, I will be tackling strategies to get you through the holidays. Some of the topics I will be discussing are: how to be prepared for the unexpected, taking care of you, being "good enough" and how to breathe deeply, celebrate and enjoy.

If you would like help working on your goals, career, family or creating balance in your life, contact me at [lori.growinghappiness@gmail.com](mailto:lori.growinghappiness@gmail.com).

Peace & Gratitude,

Lori Brown

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***“Life is change. Growth is optional. Choose Wisely.” Karen Kaiser Clark***