

'Tis the Season to be Jolly

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

'Tis the Season to be Jolly

By Coach Rachelle Disbennett-Lee

'Tis the Season to be Jolly by Coach Rachelle Disbennett-Lee

'Tis the season to be jolly, unless of course you have far too much to do. It isn't like we can ditch all of our other duties just to deck the halls. Holiday chores are simply piled onto our already too hectic schedules. Sure, Martha makes it look easy as she makes homemade, hand-carved reindeer but don't forget that Martha has an entire staff to help her don her gay apparel.

The best way to guarantee that you will be singing fa la la la during the holidays is to make a plan and stick with it. The first measure is to decide on a budget. If you are one of those super-organized, saving type of people, now is the time to go and pick up the Christmas club money from the bank that you have been making deposits into all year. If you are like the rest of us, decide how much you can take out of what you already have. If you are going to use credit cards, then make a deal with yourself only to charge so much. Remember that come January you will have to start paying them back. Do you really want to have the holidays haunt you all year long?

Not everything has to be homemade to create a wonderful heartfelt holiday.

Decide what you will make and what you will buy. Homemade Christmas cards are wonderful, but if you didn't begin making them back in June, forget it. Buying them will be just fine. If you want to include a family picture with the card, don't forget you will need to get the picture in to the photo developers far enough in advance to have it reproduced. There have been holidays past when my holiday cards became New Year's cards because I didn't have my pictures done in time. In addition, forget about writing a personal note in each one of them. Nice, but again unless you started this months ago, you will not have time. Although I know many people disdain the form-type holiday letter, it is better than hearing from someone once a year and all that is in the card is Love Dan and Donna. At least the letter gives you a clue as to what is going on and helps you keep up with your once-a-year friends.

Although Martha will be baking a delectable array of international holiday treats, the holidays will be just as sweet with just a few of your favorites. Decide which two to three types of cookies and candies you will make, schedule a day to bake, box or freeze the cookies, and call it done. You might also want

## 'Tis the Season to be Jolly

to consider

doing a cookie exchange with some friends. Each person bakes several dozen of their favorite cookies and then exchanges what they make with several friends. This way everyone gets an array of cookies but only has to bake one kind. This is a wonderful way to keep things simple while enjoying wonderful treats and time with friends.

Keep in mind that although you are capable of doing a lot, you do not have to do it all by yourself. This is the time to get the entire family involved. Ask for help with everything from trimming the tree, baking the cookies, to wrapping the gifts.

Instead of being in charge of making the entire holiday dinner, have everyone contribute his or her favorite dish. The holidays are about enjoying time with family and friends and not about being

stressed out and exhausted.

This year plan to have a jolly holiday season by planning and being realistic about what you can do.

### Top Ten Ways to Avoid Being Less than Jolly During the Holiday Season

1. Make a plan and stick with it.

Write down on your calendar what needs to be done and by when. This will keep you on track, as things become increasingly hectic.

2. Having a Hallmark Christmas would be wonderful, but let's be realistic.

More than likely not everything is going to turn out to be just the way you planned. Don't try to make everything perfect. Do the best you can, and let the rest go.

3. Not everything has to be homemade.

In today's world, some of the best goodies and treats can be found in your supermarket. Decide which two or three cookies and candies you will make. Select one day or evening to bake and make, box or freeze the goodies, and call it done.

4. Make a budget and stick with it.

If you are one of those organized savers that opens a Holiday Club account at your local bank, all you have to do is go to the bank and pick up your money. If you are like the rest of us, decide how much you can take out of your current budget. If you plan on using credit cards, decide how much you will charge, and keep track. Remember that you do have to pay them back beginning in January.

5. Homemade cards are wonderful, but do you really have time?

## 'Tis the Season to be Jolly

Unless you began making your cards in June, forget it. Buying them will be just fine. Including a handwritten note in each one is a nice touch; however, unless you started six months ago, let it go. I know many people disdain those form holiday letters, but they are better than receiving a card that is simply signed Don and Diane. Since holiday cards are the only time we hear from some people, including a holiday letter helps us keep in touch with our once-a-year friends.

6. You do not have to attend every holiday event.

Limit the number of holiday events you will attend. You simply don't have the time to go to every single party, tree decorating event, and craft show that will be happening during this busy time of the year. Decide what you want to attend, RSVP in advance, and enjoy.

7. If you are hosting a party or holiday dinner, don't try to cook it all.

If you are hosting a holiday event, consider having some, if not all, of it

catered. If that isn't in the budget this year, ask the guest to bring their favorite dish to share. This way you will only have to provide some of the food and will have the time and energy to enjoy your guest.

8. Ask for help.

You don't have to do everything. Get the family involved. Everything is more fun when done with others. Get help decorating the tree, baking the goodies, and addressing the cards.

9. Don't forget to take care of yourself.

The holidays are not the time to abandon your routine. Keep going to the gym, eating healthy foods, and taking time to relax. The holidays can be stressful and keeping up with our self-care will help to reduce the stress and allow us to enjoy the season.

10. Remember what the holidays are all about.

Beyond the gifts and glitter, this holiday is really about connecting with friends and family, and celebrating the love we have in our lives. Keep in mind what is important about this time of year. Celebrate the important things and relax in the joy of the season.

Rachelle Disbennett-Lee is a certified professional personal and business coach. Coach Lee is an internationally known coach and the publisher of the award winning newsletter, 365 Days of Coaching. For more information about Coach Lee go to her websites [www.365daysofcoaching.com](http://www.365daysofcoaching.com) or [www.coachlee.com](http://www.coachlee.com)

**Santa Goes Low Carb!**

## 'Tis the Season to be Jolly

**By Jan McCracken**

North Pole– The word is out! Due to an "unpublished dilemma" last Christmas Eve Santa has gone Low Carb!

Sources reveal that Santa was stuck in a chimney somewhere in California for over an hour last Christmas Eve – how embarrassing! The incident certainly wreaked havoc with his jolly schedule for the most important night of the year. In the aftermath, it caused Santa to really stop and think.

After careful consideration – Santa and Mrs. Claus decided they could not risk a repeat of the incident, but more importantly the risk factors associated with Santa's health – oh my! Right after the holidays, Santa visited his primary care physician for a complete physical. A "new lifestyle" was decided upon – It's the "Low Carb Lifestyle" for Santa!

Santa has Changed His Mind – Changed His Heart – and is Losing Weight for Life! Will this make Santa "less jolly"? Absolutely not! Fat is not what makes Santa jolly! His weight goals are not to be a skinny "Twiggy Santa" but rather a "healthy weight Santa" with less inches (for some VERY obvious reasons). The keyword here though for Santa is: HEALTH!

Our sources tell us that Santa has more energy than ever, his creativity and staying power seem to be at an all time high! He has hired more elves this season just to keep up with him! The jolly fellow is even less stressed this season.

The absence of stress seems to be relative to the fact that his chances of losing his jolly lifestyle to diabetes, heart disease and obesity have been considerably reduced by his new choice of a healthy eating lifestyle! Santa has serious work to do and HEALTH has become his priority!

In fact, our elf resource reported that we are going to see a big shift in "stocking stuffers" this Christmas. Huge orders are being received and warehoused at the North Pole for "sugar free" candies and low carb treats! Santa's sleigh is going to look like a "sugar free zone" this year!

With Christmas quickly approaching, as Santa's inches have dropped away, the "sewing elves" are working round the clock in altering Santa's RED wardrobe!

So this Christmas watch for an even "more jolly" Santa and just a "little less" of him but a much healthier and happier Santa 'cause he's gone Low Carb!

And..."Laying his finger aside of his nose and giving a nod, up the chimney he [easily] rose!

He sprang to his sleigh, to his team gave a whistle, And away they all flew like the down of a thistle. But I heard him exclaim, ere he drove out of sight, "HAPPY [LOW CARB] CHRISTMAS TO ALL, AND TO ALL A GOOD-NIGHT!"

Home site of Low Carb Christmas Cookin'  
The FIRST Low Carb Christmas Cookbook!

## 'Tis the Season to be Jolly

Low Carb Christmas Cookin'– with an Old–Fashioned Cook!  
224 fun–filled, sometimes hysterical pages!

Jan McCracken is author and self–publisher of 39 gift books and cookbooks. Born in the Midwest and former owner/innkeeper of a country bed and breakfast in Branson, MO, she has been cooking since she was seventeen years old (she won't tell us how many years that is!

Jan has been living the low carb lifestyle for almost eight years. Her long–term goal is helping people understand that food is truly the great medicine, prevention and healer of disease.

You may publish this article in your newsletter, on your website, or other publication as long as the article content is not altered and the resource box is included. Please add byline with active link. Notification of the use of this article is appreciated. Thank you!

Santa Goes Low Carb!  
Using Holidays To Put Some Extra Cheer In Your Cash Box  
To Be or Not To Be, That is the Domain Question  
Countdown to Armegeddon  
Creative, Inexpensive, and BIG Value Marketing Gift Ideas

Palmistry  
The Ultimate Rose Garden– Neighbors envy, owners pride!  
Control your Headache!  
See–Thru Guide for Cameras

'Tis the Season to be Jolly



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**