



## Owning the Holidays (Way Better Than Just Surviving Them)

### *Show Notes*

The holidays can be a really tough time for people for a number of reasons. Typical complaints revolved around specific relatives or family dynamics, too much travel, financial stress, pressure from work to hit annual goals. With so many podcasts and blogs devoted to “surviving the holiday,” we want to challenge you to think about it differently. How might it feel to own your holidays instead of letting them own you? We will take you through an exercise that will help you have more of what you love this time of year and release what you loathe!

Theme explored in this week’s episode:

- Why the holidays can be tough
- Personal stories of holidays past and present
- Shedding your holiday inheritance
- Spending the holidays alone and how you may be robbing others of joy
- Leaning into other people’s traditions
- Addressing the joy saboteur of too many holiday activities
- How to create new traditions
- Exploring what you love about the holidays and how to have more of that
- Identifying what you loathe about the holidays and how to release it
- Two powerful questions to ponder on your own time

Resources:

- Your “Love It or “Loathe It” List
  - Take out a sheet of paper (or open a Word doc)
  - Make two columns, at the top of one write “Love it - Have More” on the other write “Loathe It - Release It”
  - In your “love it” column, write down a few things that you love about the holidays. It can be a tradition, ritual, or a feeling. Next to each item, write down how you can give yourself more of that during the holiday.
  - In your “loathe it” column, write down a few things you loathe about the holidays. These items may also be a tradition, ritual, feeling or perhaps also a situation you typically find yourself in. Next to each item, write down what you will do to release it. Do you need to create a new tradition? Forgive someone? Create a mantra that will help you replace your negative thinking? Make a tough decision to attend or not attend something?



- Two Powerful Questions:
  - What is the feeling you most want to feel over the holidays and how will you give that to yourself?
  - How will you release your top loathing item?

We would love to hear from you! Have an idea for a podcast or a question you want us to address? Interested in additional support, resources and workshops. Here are all the ways you can interact with us!

- Tweet us! @tegantrovato and @TeamAwesomeMKE
- Email us: [tegan@BrightArrowCoaching.com](mailto:tegan@BrightArrowCoaching.com) and [Katie@TeamAwesomeCoaching.com](mailto:Katie@TeamAwesomeCoaching.com)
- Follow us on Facebook @BrightArrowCoaching @TeamAwesomeCoaching
- Follow us on Instagram @TeganTrovato @BrightArrowCoaching
- Connect with us on LinkedIn: Tegan Trovato and Katie Rasoul
- Download free tools, sign up for our newsletters, events and workshops by visiting: [www.BrightArrowCoaching.com](http://www.BrightArrowCoaching.com) and [www.TeamAwesomeCoaching.com](http://www.TeamAwesomeCoaching.com)