

**December 2005 Volume 58**



# **COACHING FOR RESULTS**

## **EMOTIONAL FITNESS AT CHRISTMAS**

**Christmas is meant to be a time of joy and homecoming, but it seems that for many people it is a time that has to be endured, even survived. Many are lonely at Christmas. It's surprising how many people are on their own for Christmas lunch. Often there is financial struggle and fear of disappointing the children if the presents are not grandiose enough.**

**One report mentioned that some families are still paying off their financial debt from last Christmas. Parents are often stressed with all that has to be done. Many families meet for the first time in a long while and there is a fear of offending some family members if you don't show up for the family gathering. Alcohol is consumed in excess and in extreme cases there is family violence.**

**The good news is that you can choose to have a wonderful Christmas. Change the way you cope with life and you'll cope with Christmas, automatically. Here are some hints for you can have 'emotional fitness' at Christmas.**

## **STILL YOUR MIND**

- Spend a “quiet time” for 20 minutes each day and start today. This is imperative. You haven’t got time not to do it. It costs you nothing and the benefits are endless: greater calm, more peaceful feelings, less irritability, reduced frustration, better concentration, improved sleep, increased motivation, lower blood pressure, improved loving, improved libido and increased feelings of well-being to name a few.

## **SELF AWARENESS**

- “Self-awareness” is the primary emotional competency so take responsibility for developing awareness of your motivations and behaviours around you choices at Christmas. For example, ask yourself: why do I feel inclined to overspend/over eat at Christmas? If you understand your own insecurity on the matter you’ll be less inclined to believe your often erroneous thoughts about your adequacy to provide.

## **AUTOMATIC THOUGHTS**

- Emotional management is best achieved by monitoring and changing erroneous thoughts processes. Who said that you absolutely have to invite all the family over every year? Ask yourself where guilt comes from. Give yourself permission not to be superman or superwoman. Think clearly and keep things in perspective. Learn to say “I am not able to manage that but I can manage this.’

## **FALSE EXPECTATIONS**

- Avoid false expectations about family members. Don’t expect that they will be different this year and that it will be “one big happy family”. If it is for some reason then it’s a bonus and enjoy the fellowship. Enduring family relationships take time to create and broken ones take time to recreate. Don’t expect to achieve it on one day in the year. If you come from a family

**where members have intimacy and differences are accepted then the fellowship you experience in this kind of family will flow into the Christmas period as well. How lovely that is.**

#### **CARE FOR SELF**

- **Care for yourself first and you'll be able to give more to others.**

#### **TAKE RESPONSIBILITY**

- **Take responsibility for your alcohol and food consumption.**

#### **The Perfect couple at Christmas**

**Prior to Christmas a wife said to her husband, "This year let's give each other more practical gifts like socks and fur coats."**

**Finally, you may choose to make a commitment this year to rekindle your spiritual life at Christmas, in whatever way you understand that for yourself. After all, this is what Christmas is really all about. The research on spirituality is fascinating as it is now showing that we are hard-wired, via our neuroanatomy, to be spiritual people. It's like our spirituality has an anatomy the same way that our physical body does.**

***" A letter from someone you might know".***

**As you well know, we are getting closer to my birthday. Every year there is a celebration in my honor and I think that this year the celebration will be repeated.**

**During this time there are many people shopping for gifts, there are many radio announcements, TV commercials, and in every part of the world everyone is talking that my birthday is getting closer and closer. It is really very nice to know, that at least once a year, some people think of me.**

As you know, the celebration of my birthday began many years ago. At first people seemed to understand and be thankful of all that I did for them, but in these times, no one seems to know the reason for the celebration.

Family and friends get together and have a lot of fun, but they don't know the meaning of the celebration. I remember that last year there was a great feast in my honor. The dinner table was full of delicious foods, pastries, fruits, assorted nuts and chocolates. The decorations were exquisite and there were many, many beautifully wrapped gifts.

But, do you want to know something? I wasn't invited.

I was the guest of honor and they didn't remember to send me an invitation.

The party was for me, but when that great day came, I was left outside, they closed the door in my face .. and I wanted to be with them and share their table.

In truth, that didn't surprise me because in the last few years all close their doors to me. Since I wasn't invited, I decided to enter the party without making any noise. I went in and stood in a corner.

They were all drinking; there were some who were drunk and telling jokes and laughing at everything. They were having a grand time.

To top it all, this big fat man all dressed in red wearing a long white beard entered the room yelling Ho-Ho-Ho! He seemed drunk. He sat on the sofa and all the children ran to him, saying: "Santa Claus, Santa Claus" as if the party were in his honor!

At midnight all the people began to hug each other; I extended my arms waiting for someone to hug me and do you know no-one hugged me. Suddenly they all began to share gifts. They opened them one by one with great expectation. When all had been opened, I looked to see if, maybe, there was one for me. What would you feel if on your birthday everybody shared gifts and you did not get one?

I then understood that I was unwanted at that party and quietly left.

Every year it gets worse. People only remember the gifts, the parties, to eat and drink, and nobody remembers me.

I would like this Christmas that you allow me to enter into your life.

I would like that you recognize the fact that almost two thousand years ago I came to this world to give my life for you, on the cross, to save you.

Today, I only want that you believe this with all your heart. I want to

**share something with you. As many didn't invite me to their party, I will have my own celebration, a grandiose party that no one has ever imagined, a spectacular party. I'm still making the final arrangements.. Today I am sending out many invitations and there is an invitation for you. I want to know if you wish to attend and I will make a reservation for you and write your name with golden letters in my great guest book. Only those on the guest list will be invited to the party.**

**Be prepared because when all is ready you will be part of my great party.**

**See you soon. I Love you!**

**Jesus**

**Blessings to all**

**John Lockwood**

**Ph: 0395855188**

**Coaching For Results**

**Mob: 0412315913**

**PO Box 2972**

**Cheltenham 3192**

**Email: [john@coachingforresults.com.au](mailto:john@coachingforresults.com.au)**

**This year "The Year of Breakthrough"**