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Subject: Maximize your enjoyment over the holiday season
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Transform & Radiate with Cheryl



Live Radiantly

Savoring the Season

This is a blog I wrote this time last year but it bears repeating... :)

Last November, I hosted a group of ladies in my home for a workshop. A friend and fellow Integrative Nutrition Health Coach led us in a thought-provoking evening geared toward "savoring the season". I'm sure others can relate when I say that I started the evening spewing off my list of overwhelming tasks ahead - Christmas cards, gifts, decorating, baking, cooking, hosting, wrapping, parties, service... and on and on. God bless her; I believe she could feel the anxiety inside of me, and then she posed a couple of questions that changed our holiday (and the whole season really). More than that, the experience led to a profound shift in my perspective in

general.

Maximize YOUR Enjoyment

Tips to Transform

Holiday tip:

Take time to identify what matters most and let go of what doesn't

Where can you be "present over perfect"? As a busy mom and business owner who faces an ongoing struggle with this, I have made a conscious effort to identify where I am letting perfection stand in the way of what is really important. *Especially* at the holidays.

Look at your holiday to do list. I'm sure it is lengthy and perhaps overwhelming. What will really matter? Is it handmade and homemade, with perfect wrapping and decorations? Is it a fancy feast served on the finest china? Maybe it is... maybe it isn't.

Challenge yourself to look at the list from the perspective of the people in your life and in your community. Ask your family the question of what truly means the most to them. Be mindful of where you commit to spend your precious energy. Don't let the tasks steal your ability to truly enjoy what feeds you and those you love the most.

How would you like to *feel* during this holiday season? How would you like your loved ones to feel? Set an intention and create a few action steps that will bring you closer to that intention.

Holy Yoga Invites you to

This Week's Slow Flow Yoga

Shield of Faith



Today:
On South Roscoe Blvd

Monday December 10th
6:30 PM Waypoint

Tuesday December 11th
9:00 AM 201 South Roscoe
Blvd, Ponte Vedra

For by grace you are saved through faith, and this is not from yourselves, it is the gift of God; it is not from works, so that no one can boast.”

Ephesians 2:8-9, NET

Donation based (\$5 suggested) and bring a yoga mat and water (and a block if available)

Week 5 of our series on the Armor of God... the Shield of Faith.

Week 4 (today at 9:00): Helmet of Salvation. (If you are seeing this before 9:00 and didn't plan to come, I urge you to reconsider. All of our messages are impactful, but THIS one... we all need it!)

Be sure to check out class listings

at: <https://transformandradiate.com/pages/classes>. Don't forget to register!



supporting your journey to a healthier you

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