

It often feels like we run ourselves ragged for our families, especially during the holiday season. We pour an extraordinary amount of time and effort into picking out the perfect gifts, decorating the house, making sure the Elf on the Shelf moves every night, cooking and cleaning, and... does the list ever end? It is easy to feel unappreciated and forgotten in the midst of the holiday chaos, and our expectations can become premeditated resentments.

There are several ways to move your mindset away from disappointment and into a place of gratitude and contentment.

Step 1: Boldly set your expectations and share them with your people. Don't expect your loved ones to be able to read your mind.

Step 2: Draft your brain to the situation. Remember, your brain looks for evidence to support what you tell it. If you are constantly dwelling on the notion that nobody cares about you, then you will find the evidence you need to drag yourself deeper into that loop of negative thinking. Conversely, you can tell yourself that you are loved and appreciated, and you will find things to support that belief.

Step 3: If you know what you want, and you also know that it isn't going to happen by itself- then make it happen! Buy it yourself. Make yourself count! And I don't mean buy yourself a gift and then spend the day pouting and using it as a weapon against your family.

"I had to buy this for myself because I knew none of you would!"

That sort of thinking defeats the entire purpose of buying yourself a gift.

Step 4: Whether it is realistic or not, the expectation is on you. If what you expect is dependent on someone else, you may be disappointed. If it is dependent on you, you can make it happen.

Step 5: When it all goes South, as it sometimes will, find something to be grateful for. Don't wallow in disappointment, my Lovelies.



JUST BECAUSE SOMEONE DOESN'T LOVE YOU THE WAY YOU WANT THEM TO,
DOESN'T MEAN THEY DON'T LOVE YOU WITH EVERYTHING THEY HAVE.

So many of us have a romanticized idea of how the holidays are supposed to be, from the joyful family gathering around the dinner table to being surprised by the perfect gift. Oftentimes, we set ourselves up for disappointment. Our lives are not Hallmark movies, and chances are this Christmas is going to look very different for many of us. I just want you to remember that you are worthy, loved, and appreciated, and whether this Christmas is the most wonderful time of the year is dependent entirely on you. ❤️