

Wroten & Associates

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"Holiday gift suggestions: To your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart. To a customer, service. To all, charity. To every child, a good example. To yourself and others, respect." - Oren Arnold

While Mr. Arnold's holiday gift suggestions are wonderful, these gifts must be given with intention. Intention is an aim that guides action. We know that good intentions are great to begin with, but good intentions by themselves are nothing. There is no worth unless intentions are followed by action. This familiar theme is found in most aspects of life, both personally and professionally.

Like it or not the holidays are fast approaching. Now is the perfect time to begin our holiday season with defining our intentions. What do we hope to accomplish with our holiday spirit? Whether it is gift giving or special time set aside with friends or family members who may need some encouragement, some help, or just recognition of what they mean to us. Bringing mindfulness to the holiday season long before the hustle and bustle starts can assist us in creating a pleasant and memorable holiday experience.

Rather than allowing ourselves to become disappointed, frustrated, or overly stressed by the demands of the season, we need to decide what our intentions will be to create an enjoyable holiday. Take some time and think about what you envision your holiday to look, feel or sound like. What traditions or expectations might you like to change or add? Set your intentions early and proclaim them. Tell your family, friends and co-workers and ask them to support and join you. Talk to them and find out their thoughts and feelings about their own vision of the holidays. You may find more common ground than you think. Defining and clarifying your intentions, while putting them in action will help ease your stress, enhance your holidays and will provide the opportunity to share a most satisfying and memorable experience with those you care about.

Positively provided to you by:

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