



## The *Guilt-Free* Times

### In This Issue

[Holiday Craziness](#)

[Schedule Highlights](#)

### Quick Links

[Guilt-Free Website](#)

[Meet Victoria](#)

[Schedule](#)

[Testimonials](#)

[Connect with Victoria](#)

### Happy Thanksgiving,

I'm sorry for the delay in getting out my newsletter this last month, but I'm really excited to welcome you to my *new e-zine*, **The Guilt-Free Times**. I've taken my business in a new and exciting direction and am focused on helping my clients achieve **GUILT-FREE Success!** Below you'll find my new e-mail and web address. Please update your address book to reflect this change.

With Thanksgiving right around the corner, I thought I'd share with you an article I wrote a couple years back I felt was worth repeating. May your heart overflow with joy and thankfulness this Thanksgiving.

Cheers!

*Victoria*

### Holiday Craziness Leave No Time for Thankfulness?



We are quickly headed towards the hustle and bustle of "The Holiday Season". The weather is cool but the social calendar is heating up! It's a time when the "events" sometimes overshadow the meaning and significance of the actual holidays. With the holiday right around the corner and the to-do list mounting... how will YOU find time to be THANKFUL?

It's easy! Try these 3 simple tips:

#### 1. Start a Gratitude Journal

Get a journal or spiral bound notebook and schedule time with yourself each day/week to reflect on where you are and acknowledge 3 - 5 things for which you are grateful. No matter how stressful things may feel, there's always *something* for which you can be grateful! Don't just write, "I'm grateful for my spouse." Instead, be specific and capture the feelings behind your gratitude. For example, "I'm grateful for Brian's strong hands and the terrific back rubs he gives relieving my

tension.”

Starting your journal might feel awkward at first, but the more you do it, the easier and more rewarding it becomes. Re-reading it can also be a great pick-me-up when you've had a particularly bad week. It's hard to stay down when you see all you really DO have for which you are grateful!

## **2. The Thanks is in the Giving!**

One of the BEST holidays we had was the year we adopted two sailors from the local naval base. I had the turkey in the oven and made them cinnamon rolls for breakfast. I accidentally burned the bottoms of all the rolls! I was so embarrassed, but the young men were gracious (and hungry!) and cut off the bottoms eating them up. They were just glad to have “real food”!

Our family enjoyed spending time with the young men, and we encouraged the boys to phone their families. Each family was so glad to hear from their son and know he had a home cooked meal (I didn't burn dinner) so far from home. It ended up being a real blessing to us as well as the young men who shared in our festivities.

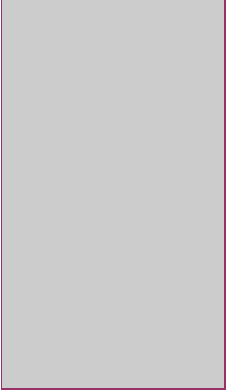
Not sure how to give of yourself? Bring a meal to a friend or neighbor who could use some encouragement, volunteer at your local food pantry or PADS location, contact the local churches in your area and see what needs YOU might be able to fill. I guarantee you a much higher return than what you give out, and it takes surprisingly less time than you'd think.

## **3. Remember What REALLY Matters**

In the end, it won't matter who made the turkey, if Aunt Sue brought her special pie, or which team won the football game. What **WILL** matter are the connections you deepened with your friends and family, and the memories created. It really is the little things...like standing in the kitchen talking with your Great Grandma while she carves the bird and slips you a scrap of meat when no one is looking, watching your little boy try mashed potatoes for the first time, or everyone sitting around the table enjoying dessert and sharing one thing they are really grateful for this year.

Instead of retreating to the couch or TV after the meal, play a game everyone can enjoy, or just sit together and really listen to one another. You may be surprised at what you will learn, and it might be the start of a new tradition!

Wishing you a meaningful holiday season!



**November 30th** will be the last time to catch me out and about until January 2007. I'll be hosting the Lake Zurich Area Chamber of Commerce breakfast meeting from 7:30 - 9:00 AM. It's a great opportunity to meet and network with other local business leaders and I'll be sharing some great tips for Guilt-Free Success!

**[Find out more....](#)**

---

email: **[Victoria@TheGuiltFreeCoach.com](mailto:Victoria@TheGuiltFreeCoach.com)**  
phone: 847.516.0190  
web: **<http://www.theguiltfreecoach.com/>**

The Guilt-Free Times © 2006 Victoria Cook. All rights reserved.