

Useful Holiday Mental Prep



Do you love the holiday season or do you dread it? What specific part do you love, visiting with family, the break from routine, the [fill-in-the-blank]? What specific part do you dread, visiting with family, the break from routine, the [fill-in-the-blank]?

PERSPECTIVE IS POWERFUL

If you dread the holidays more than love them, you are not alone. However, your perspective is unique and will be determined by the specific feelings that you associate with the holiday season. These connections are literally hard-wired in you!

Think about it! You are successful and then you get placed **BACK** in the old familiar family dynamics and suddenly, you are triggered. You feel like you have taken 2 steps backwards and have to spend time piecing yourself together upon your return **HOME**.

VIDEO WITH ACTIVITY

Regardless of the connections you have to the holidays, the activity in this video will serve you well. Although not created specifically for the holidays, it is the final video in our self-empowered success strategy series, it is simple and it will prepare you with a new perspective for

dealing with those unconscious reactions that used to cause you to ruminate for days after holiday functions.

[CLICK HERE](#) or click on the image above to watch this video on my YouTube Channel for some insight on how to handle those situations so that you are in the driver's seat and those unconscious reactions are not driving you. Then you can use it with your clients as proof that it works. Remember to click on the gear icon in the bottom right hand corner of the video to 2X the speed if you are in a hurry.

YOU CAN NEVER GET THESE MOMENTS BACK

You are on this path to learn, develop and evolve so that you can guide others to do the same. In your role as Coach or Consultant, you are a results role-model. How you show up in every moment is broadcasting to the world your personal brand.

That is why the training in this video is important. You will walk away with a new appreciation for the social dynamics at play in every relationship. You will discover how to be more curious and think from the perspective of understanding. You truly will feel grateful that you enjoyed the company of everyone you came in contact with. Now that is something to give thanks for!

I am grateful for you, the positive difference you are making and all that you add to our community of empowered professionals,

Louise

Your Instructor Louise Anne Maurice