

## Holiday Tips from KDKA Morning Show

### **Make room for the Holidays!**

In your space:

Kids toys

Kitchen pantry

Closets

In your Calendar:

Set aside time before and after the Holidays

Do a quick clean up before you get all your decorations out

You don't have to put everything up at once

### **Keep it simple**

Only put out the things you love

Make a game out of remembering how they came into your life

Shopping Tips

### **Get everyone involved**

Hold a family meeting

Make a plan and write it down!

Give everyone a job

### **The "Easy Clean Up"**

If you followed the other steps this is a snap!

You only have out what you love-label it and store it away.

Get rid of the rest

You cleared space and time so you can put things away

You have a plan, now review and evaluate. Make notes to get a jump on next year.

## Holiday Quiz to Help You Plan a Fulfilling Holiday

The basics of getting organized for the Holiday Season should begin with asking yourself some questions relating to previous Holidays.

- What did you enjoy most last year? What activity generates a memory of the simple pleasures of the season?
- What should you have done more of? What activity brought the best returns in terms of personal joy?
- What should you do less of? Where did you put a lot of effort and found that it was not as fulfilling as you expected for your self and from others?
- Can you reassign some responsibilities? It is nice to watch family members become more involved in the celebration.
- Are your traditions fulfilling? As times change, make sure your traditions are still enjoyable for everyone. Think in terms of scaling things down instead of adding to your "holiday to do list" every year.
- How can you make the season more meaningful to the people you love. Ask your family members what their favorite holiday moments are?
- In what ways did you overestimate your time and abilities? Divide big tasks into smaller pieces and put them on the calendar starting early.
- Develop a budget and stick to it to reduce stress. Overspending for convenience makes gifts and decorations seem less personal. Be creative.

Set fulfilling goals you can meet. Don't get trapped in all the "should do's" of the season and open up time for the simple joys of the Holiday.