

# Values and the Holiday Season

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My desire to get things accomplished can be challenging sometimes, especially when I'm stressed. I default to my 'getting stuff done' mode and when I have a big to-do list, it is not easy to be flexible with my schedule.

Last week, I received a phone call about a spur-of-the-moment gathering. My immediate response was, "There's no way I can do this!" At that moment, I was hijacked by the request and feeling overwhelmed. After a few minutes, however, I paused and asked the questions, "**What do I value? What is the most important thing to me? How can this help me make the best decision?**"

One of my personal core values is relationships. I thought about this value and how important it is to me, and this shifted me from wanting to say no, to saying yes. It adjusted my attitude from being frustrated by the invitation, to being grateful for the opportunity.

This holiday season and beyond, remember that things don't always go as planned. Although stress and changes may reduce our ability to see clearly, keeping in touch with what we value highly can help us navigate our choices more effectively. The foundation of personal core values helps us to be more grounded in our choices. When driven by our values, our focus shifts and we can concentrate on what is most important to us.

What are the things that are most important to you? How will you allow them to impact your decisions during the holiday season? I'd love to hear from you!

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