

Creating a Christmas that's right for you



By Nancy Everson

Published on 27th November, 2021

[Creating a Christmas that's right for you - Life Coach Directory \(lifecoach-directory.org.uk\)](https://lifecoach-directory.org.uk)

I happened to find myself near Oxford Street on Black Friday this year, so I thought while I was there, it might be a good idea to pop into a couple of shops to buy a Christmas present or two, and get into the Christmas spirit. Lovely idea, but the reality was very different.



Hordes of people, queues, chaos, noise, irritation and mild [stress](#)... I gave up quite quickly and decided to leave the shopping to another day, in another high street. I had forgotten that I dislike shopping in busy environments, where I get drained of energy quickly.

The festive period sounds like such a magical time, with TV adverts depicting warm homes with laughter and presents galore. A month of social gatherings with those dear to us and mountains of treats and special days out. But, often, the reality can be quite different.

During my brief experience of shopping on Oxford Street, I was reminded of what's important to me this year; it isn't expensive presents, or going out to parties three times a week. This year for me, it's being with my [family](#) and friends at home, having time to relax, time to stop and recharge.

Knowing what's important to me this year and knowing what I need is the key to creating my perfect Christmas. If I lose sight of my need to recharge and relax, I could end up agreeing to go out so much that I end up feeling resentful, overwhelmed and [burnt out](#). If I lose sight of my desire to be with certain people, I might end up with a month of plans that don't include those people.

For some people, this time of year will be poignant, a time of reflection after a difficult year. It might be more focused on remembering and supporting one another. For others, it will be a time to let go and celebrate with a month full of social touchpoints. We are all unique with our own needs and desires.

What I want this year is different to what I wanted last year and no doubt will be different from next year. My family's needs will differ to mine too, and there will be a degree of negotiation that takes place in agreeing on what we do, who we see and how much we spend. But the point is, unless *I know* what my needs are, I don't know when to fit in with others and when to set boundaries to protect what's important to me.

So, before the festive period kicks off, take some time to acknowledge what you need and want this year so you can make that vision your reality.

Working out what's important to you ([your values](#)) is such a valuable exercise to do, not just for Christmas but in life in general, too. If you don't know what's important to you, how can you create a life that will meet your needs and wants?

Here are some questions to ask yourself, to help you bring awareness to what can contribute to making this year feel right for you:

- Who do you want to see?
- Do you have traditions that are important?
- What do you most enjoy doing?
- Where do you most enjoy spending time?
- How much time do you enjoy spending with others?
- What are you most grateful for?

[Coaching](#) can be a great way to explore what your values are. If you would like to explore what your values it would be great to hear from you.