

12 Things to Give Up This Holiday

1. Refusing help when it is offered

2. Trying to be perfect

3. Putting off activities you'll regret missing out on if you don't get to them by the end of the season

4. Being too busy to look in your loved ones eyes and listen to their stories (even if you've heard them a million times before) because you never know when you'll wish they were still here to tell that story just one more time

5. Over-spending on gifts; especially wasting money on stuff that becomes instant clutter

6. Waiting until the last minute to get things done

7. Doing all the "chores" yourself instead of making them into new traditions – gift

8. Rushing around *wrapping party anyone?*

9. Trying to please everyone else and in the process making you miserable

10. Forgetting to stop, look around and enjoy the festivities before they're gone

11. Wishing the holidays were different instead of appreciating them for what they are crazy & messy

12. Telling yourself you have no time