



**PRACTICAL WAYS TO CREATE MEANING**

**Actions for a richer, more meaningful future**

*The holidays can be a time when we spend money and effort on a lot of material goods that don't make us much—if any—happier. This year, consider ways you can have richer, more fulfilling holidays.*

<b>Actions</b>	<b>Tips for success</b>
<i>Identify 1-3 priorities for the holiday season.</i>	Keeping your highest values in mind, first make a list of your wishes for the season. To help, review memories and moments of greatness in holiday gift-giving and celebrations. Second, ask yourself what makes you flourish at holidays. With these things in mind, list your holiday wishes, then prioritize.
<i>Make time for your priorities.</i>	Unplug the TV, the Internet, electronic games, or whatever takes time and energy without payoff.
<i>Seek support to facilitate success.</i>	Share your priorities with loved ones, and learn theirs. Try to support one another. For help, reach out beyond your friends and family to a spiritual guide, a therapist, or books/blogs/websites.
<i>Consider the environment when making gift-giving decisions.</i>	Ask friends what makes them flourish. Use that information to help identify gift ideas. Gifts of experience, foods and beverages tend to be kinder on the environment than stuff.
<i>Invest in at least one thing that is larger than yourself.</i>	Build community by volunteering. To learn of opportunities, check your local newspaper or join a club or group. Contributions to charitable causes also give back to the world.
<i>Be grateful.</i>	Before you go to bed, complete the sentence: I am thankful for . . .
<i>Be realistic about holiday expectations for yourself and others.</i>	Avoid perfectionism—tell yourself “okay” is good enough. Continually remind yourself of your priorities, and then shed what you can live without.
<i>Make decisions based who you want to be in this world.</i>	Think daily about your values and what makes you flourish. Focusing on these things will help you discover who you want to be and how to live this one great life you have!

This handout may also be printed as a pocket guide at [http://www.uni.edu/ceee/sites/default/files/Hometown/ceee\\_ryh\\_pocketguide\\_one.pdf](http://www.uni.edu/ceee/sites/default/files/Hometown/ceee_ryh_pocketguide_one.pdf).

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