

**This December 2010 Good News letter is packed with the following Christmas goodies...**

- **Wisdom unearthed**
- **Tips for dealing with the rosethorns over the Christmas and New Year period**
- **Into the Limelight event – in conjunction with 100th International Women's Day - Sunday March 6<sup>th</sup>, 2011**
- **A Christmas present with real meaning**
- **Want to promote yourself and your business in 2011?**
- **Janelle is on the move**

## **Wisdom Unearthed**

"Tis the season to be jolly. Fa la la la la la la la la la...." Isn't every season one to be jolly?

Here are some hints on keeping December and January as stress-free and as happy-full as possible.

## **Tips for dealing with the rosethorns over Christmas and New Year**

Christmas time and the holiday period can be incredibly stressful. I have always found it very easy because I don't go along with the whole obligation, follow 'the Jones' or material 'buy in' stuff. Here are some tips to enjoy Christmas simply and less stressfully.

- Consider a "doing" present rather than a "thing" present. Take someone on a picnic or go to a movie with them, rather than buying them more socks, something made of plastic or something that is going to exceed your credit card limit.
- Drink great juices and punches rather than loads of alcohol. That means you can enjoy your precious days off without the hangover and you can be more mindful and have fun with those you spend time with.
- Think about the 5 love languages and how people you care about specifically receive love. Do they really want a gift, or would they rather receive some words of encouragement, some quality time with you, a hug or a kiss on the couch or have you doing something kind for them? There are many ways to give to people this Christmas which are often far more appropriate and appreciated.
- Plan a simple celebratory lunch or dinner without blowing your credit card or having you spend your entire day in the kitchen. Some years we have enjoyed strawberries and chocolate fondue for Christmas lunch - an enjoyable and social meal and activity. A few simple salads for dinner rather than round 2 of an enormous lunch can have you feeling better as well.
- Consider what you normally do out of obligation each Christmas. Make a conscious choice to do something different this year. That might mean saying "no", changing your familiar Xmas routine or actually saying "yes" to something that you would normally decline. Doing something different might cause a reaction, but more often than not it can be what others are thinking or wanting as well!
- Do some "happiness-uppers" everyday. Good nutrition, fresh air, sunlight, activities you are passionate about, good tummy breathing, physical activity, time with good friends, lone time, things that make you laugh and balance of action time with reflection and restful time.

## **Into the Limelight... Step into your brilliance with confidence, courage and commitment**

**Sunday March 6<sup>th</sup>, 2011 at Raye Freedman Arts Centre, Auckland**

In conjunction with International Women's Day, I am organising an expo and event on March 6<sup>th</sup>, 2011 featuring inspirational speakers, creative and musical talent and promoters to inspire, entertain and empower you to get out of hiding, shine with confidence and make your unique difference in the world. Check out the poster by going to my website [www.janellefletcher.com](http://www.janellefletcher.com) or clicking [here](#).

## **A Christmas present with real meaning**

Do you get a bit over receiving "material" type Christmas presents, or get stuck on what to give someone for Christmas? Do you want to gift someone some confidence, hope and momentum to be out there in the world in a brighter way in 2011?

Tickets are selling now for the Into the Limelight event at <http://www.iticket.co.nz/events/2011/mar/into-the-limelight/>

Why not get your friends, family members or even colleagues a ticket (and get them to buy you one!) and make a day of it starting with lunch out on the town, come to the expo before the show and then enjoy inspiration, entertainment and empowerment with people you enjoy being with?

## **Planning your next business move for 2011? Want to promote your business and yourself at the Into the Limelight event?**

Click here for [promoters' information](#).

## **Janelle is on the move**

I am presently in the middle of packing boxes and will have a new address at the end of January. I will keep you posted with my new address and phone numbers when I have them. I will also be in Australia between 22 December and 20 January and can be contacted by email. [janelle@janellefletcher.com](mailto:janelle@janellefletcher.com)

**Go well and grow well in the month of December.**

## **Janelle X**

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Facebook group: Into the Limelight

Fundraising for 2011 New York marathon – Catwalk charity [www.fundraiseonline.co.nz/janellefletcher](http://www.fundraiseonline.co.nz/janellefletcher)

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# Good News

Janelle   
the essence of being yourself...

*Growing potential & possibilities*

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