



Flex Awaken

Self Care

TO DO LIST
A Journey Within

Reframing Perspectives: Navigating Christmas and Birthdays with Joy

Welcome!

Hi, I'm Luc, and I created this guide to help you navigate reflective moments that often arise around the festive season. Whether it's Christmas, birthdays, or New Year, these occasions can stir up mixed emotions. This guide, paired with my video "*Transform Your Festive Season: 4 Must-Try Methods for Maximum Cheer!*", is your toolkit for shifting your mindset and finding clarity, joy, and fulfillment.

Let's transform this season together, step by step.

The Importance of Perspective

Perspective is everything. How we perceive our experiences shapes how we feel about them. By reframing your perspective, you can transform challenges into opportunities for growth and joy.

It's normal to experience ups and downs. This guide will help you embrace those moments, offering tools to shift your outlook and create a fulfilling experience. Remember: *You're not alone, and it's okay to ask for help.*

4 Must-Try Methods for Maximum Cheer

1. Reflect with Compassion

Birthdays and holidays often prompt reflection on past achievements or perceived failures. These moments can feel heavy, but they're also an opportunity to celebrate your journey.

- **CBT Prompt:** What accomplishments am I proud of this year?

2. Practice Gratitude and Set Realistic Goals

Unfulfilled expectations and societal pressures can weigh you down. Take a moment to honor your progress and set achievable goals.

- **CBT Prompt:** What small, meaningful goals can I set for the coming year?
- **Activity:** Write down three things you're grateful for this year.

3. Build Connections and Combat Loneliness

Feeling alone is tough, especially during holidays. Focus on building connections, whether in person or virtually.

- **CBT Prompt:** Who can I reach out to for support or connection?
- **Tip:** Join a group or try a new hobby to meet like-minded people.

4. Embrace Self-Care and Reframe Your Thoughts

Negative thoughts can creep in during quieter moments. Self-care and reframing your mindset can help you approach the season with positivity.

- **CBT Prompt:** What compassionate words can I say to myself right now?
- **Suggestion:** Engage in activities that bring you joy and light, like going outside, journaling, or practicing mindfulness.

What is CBT?

Cognitive Behavioral Therapy (CBT) is a practical approach to changing unhelpful thoughts and behaviors. It's a proven tool for improving mental health and creating a more balanced,

fulfilling life.

CBT helps you:

- Recognize negative patterns.
- Replace them with positive thoughts and actions.
- Take steps toward personal growth.

Perspective & Perception: How They Work Together

Perception influences Perspective: How you perceive an event shapes your perspective on it over time.

• **Perspective reframes Perception:** Your perspective filters how you perceive experiences. For example, seeing challenges as opportunities can create a more positive outlook.

Your Personalized Goal-Setting Workbook

This section helps you create actionable steps for personal growth. Let's break it down:

Step 1: Clarify Your Goal

- Write down one goal you want to achieve.
- **CBT Prompt:** Why is this goal important to me?

Step 2: Identify Obstacles and Solutions

- List the thoughts, emotions, or external barriers holding you back.
- Brainstorm one or two solutions for each challenge.

Step 3: Break It Down

- Start with one small step today.
- Divide your goal into manageable milestones.

Step 4: Reflect and Adjust

- What worked well this week?
- What didn't work, and how can you adjust?

Step 5: Visualize Success

Close your eyes and imagine achieving your goal.

- **Reflection Prompt:** How does success feel?

Step 6: Stay Motivated

Write affirmations to remind yourself of your purpose and capability.

- Example: *"I am capable of creating positive change in my life."*

Thank You

Thank you for taking the time and space to love and accept yourself. It's an honor to guide you through this process. Together, let's embrace this journey of transformation.

If you haven't already, check out my video *"Transform Your Festive Season: 4 Must-Try Methods for Maximum Cheer!"* for more tools and inspiration.

Next Steps

- Define Why it is better to make the change now rather than wait.
- If you feel that you need, Book a coaching session with me for personalized support:
<https://flexawaken.com/coaching>

Much love and Namaste,

Luc