

Don't fall for the fantasy of the **SILLY SEASON**

WORDS BY DEBZ COOPER



We've all seen it before. You have a fantastic holiday; the weather has been amazing, you've been able to share the children duties with family and friends, you've eaten divine food with some naughty bits included... and then BOOM you are back at your house, wearing a bra, caking your face in makeup, putting on shoes, packing your lunch, facing traffic and repetition and structure, the fantasy is well and truly over! This is when the wheels of traction on relationships, business and personal, wobble. They tend to wobble bigger than what they did the year before!

Our fantasy of the silly season has hit us!

HERE ARE MY TOP 10 TIPS TO KEEP YOURSELF SANE:

- 1. Communicate to your partner.** Tell them what is going on for you. If they have judgement with what you are saying, reach out to me!
- 2. Put an end date on Christmas purchasing.** We tend to buy more closer to the date as we don't think we have enough.
- 3. Stop worrying about the small stuff!** No one else will see it as a priority like you do. Time is precious, so use it wisely.

ABOUT DEBORAH COOPER

Not only is Deborah Australasia's first Demartini Method Facilitator, she is one of just 12 people in the world certified by Dr John Demartini as a Master Demartini Method Facilitator. Deborah works alongside Dr Demartini presenting on stage internationally.

For the past 12 years her business has been based on Universal Laws and The Demartini Method - she coins it "Stressologist". By teaching you to identify and break down the barriers that keep you from moving forward, Deborah will help you reach new levels of Inspiration, Creativity, and Performance in pursuit of your goals... with a gentle stiletto kick!

4. The washing can wait. What is another day or two before it gets done. Let it go.

5. Cut back on the "naughties" that you overindulged in during the silly season, for example; food & alcohol.

6. Have realistic expectations on what tasks and time frames are required when you go back home.

7. If you perceived you overspent, break down the costings to an act of service. For example, how many new clients, bums on seats to a program, products do you need to sell to make up for the overspending?

8. When back home, go for a walk each day. Around the block or longer. The aim is to get out of your "city" environment and a distraction from phones.

9. Do NOT make big decisions. After communicating, put a time frame on these decisions - at least 4 weeks. This includes; selling your house, changing businesses, relationship breakups, affairs and so on.

10. LAUGH more - let your guilt go. Laugh as much as you can. Laughter keeps your juices flowing and keeps you youthful. Let them flow and love your youth again!



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