

HOLIDAYS 2018

Give the Gift of an Experience



If you are anything like me, you may find yourself stressing about holiday shopping or walking out of stores with tears in your eyes after a failed attempt to find the perfect gift. Hopefully you're not like me! But for many of us it is a stressful time of year. It is a little ironic a season of thanks and giving can quickly curtail into a season of stress and spending on, well, stuff. In fact, that stuff that I thought was the perfect gift may not be perfect in another year. To try and calm and destress this holiday season I am proposing two pre-new years resolutions

1. **Buy Less:** We all have so much stuff, so whatever I do buy for someone, I want it to be useful. Maybe something that will enhance an activity or make an activity easier.
2. **Buy an Experience:** This will definitely make it easier to buy less. Think massage or manicure, play or concert, gift card to a restaurant or upcoming event. Our memories certainly last longer than our stuff.

Reducing our waste around the holidays is not easy. However, being thoughtful about our gifts and focusing on quality over quantity can really make a difference. Last year I handmade the name tags for presents and they often got more attention than the gift itself. So, it really is the thought that counts. Give them something they will remember and not give to a thrift before the next holiday season!

