

Advent for the soul

HOLIDAY DATES 1
Make a list of people you have not seen in a while and plan some dates over the festive period to get together.

THRIFTY GIFTING 2
Three gifts a person
1) Recycled goodie
2) Make something
3) Give something new (small) that you know they will appreciate!

HOLIDAY BAG 3
Start packing a bag with your children's favourite toys and games, puzzles, and books. - Hide them away and pull them out as a surprise on holiday!

LIVE LARGE 4
Take a family picnic to a park near you. Pack your lunch in a basket, take a bat and a ball, a good book to read, fly a kite, have some family fun.

TEAM SPIRIT 5
Who supports you at work that you can show that you appreciate before you go on leave? Write a personal note saying what it is you appreciate.

BOOK NOW 6
Schedule the visit or phone call you keep postponing and put a smile on somebody's face!

HOLIDAY GOALS 7
Define what you need or want to achieve during the festive season and share it with the key people in your life who can help you to stay on track!

LOCAL TOURISM 8
Staying at home these holidays? What outings can you do on your doorstep? Check out www.jozikidz.co.za or www.joburg.co.za

HOMELESS HELP 9
Put some essentials - like soap, toothpaste, and some treats - into a bag and give it to the next homeless person you see on the roadside.

STASH A GIFT 10
Plan to have a stash of small gifts to give spontaneously before or even after Christmas! eg Some small R20 gifts for children or pots of homemade chutney.

GO NEXT DOOR 11
Pop in with a festive wish for your neighbours before the holiday exodus. Mend any broken fences...

GOOD HABITS 12
Take a moment to ponder what positive habits you want to inculcate into your work and family life. List them and decide who you need to get on board.

TALK TIME 13
Plan particular meals where you talk to each other. Have a jar on the table and fill it with topics chosen by family members. Pull out and discuss!

TRAVEL BUSY 14
Create a bag for each child filled with things to keep them busy while travelling. Include some healthy nibbles and make sure you keep them hydrated with water!

BOOK FOR JOY 15
Scan your bookshelf or your kindle or visit the library and choose a book(s) you can read for pleasure these holidays.

RECONCILE 16
It is the Day of Reconciliation. Use today to reconnect, to apologise or to make amends and tell someone in your life why you appreciate them.

LOAD-SHARE 17
Ask everyone who is able to contribute something to special meals. It is a lovely way to make everyone feel a part of proceedings!

REFLECTION 18
What are the "gifts" you have received this year? List what you are grateful for and let people know who touched your life in the process.

RECYCLE 19
Collect all unwanted clothes shoes and children's toys which still have life in them and donate to a charity of your choice.

STOCKING FILL 20
What a treat to give a few nikkity nakkety things - especially as children reach their teens. Get them some nice-to-have extras such as undies or stationery.

PLAN AHEAD 21
Purchase a journal and plan holiday breaks - significant celebrations - and goals for the coming year.

SHARE STORIES 22
As you gather with your family and friends over the festive holidays, take turns of sharing life-changing or entertaining stories from your life.

HOME ALONE 23
Who do you know who will be lonely/ alone this festive season that you could invite to join you or give them a call to let them know you care?

LOVE IS... 24
"Love came down at Christmas"... that is really what this season is all about - so be kind to yourself as well as to others this festive season.