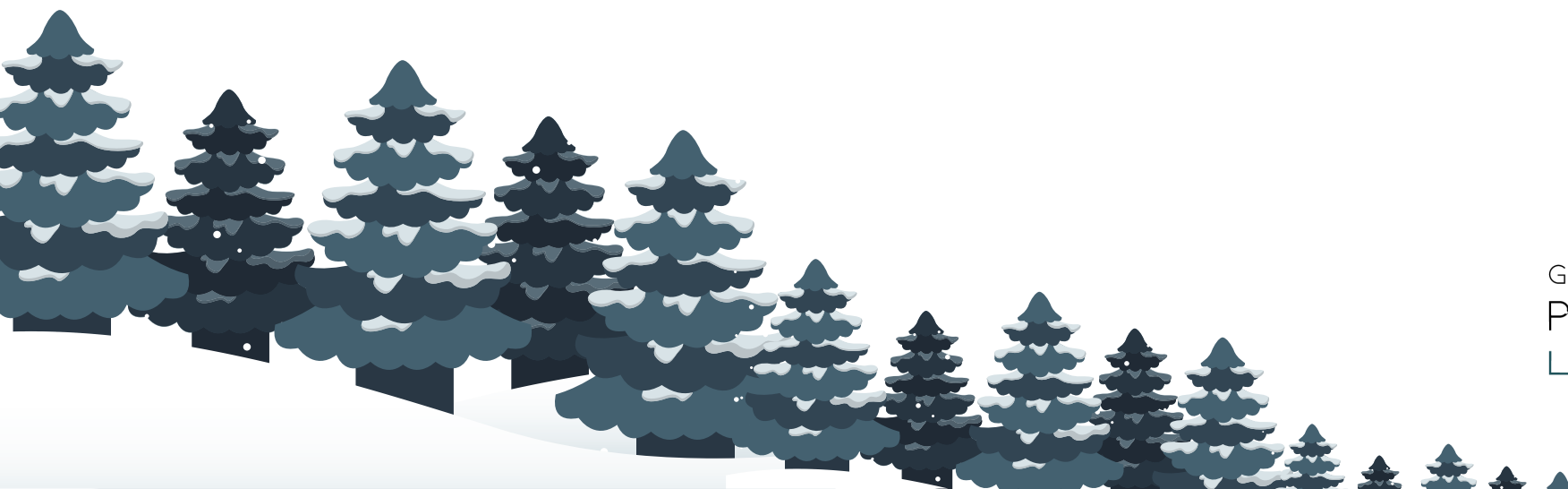




Making the most of

December



GROW YOUR
PRIVATE PRACTICE
Club

LAST MONTHS REVIEW

1. What did you achieve & what projects did you complete over the last month?

2. What has been working well, and what have you been enjoying?

3. What challenges did you face and why?

4. What lessons did you learn?

5. What are you grateful for?

6. What do you want to do better this month?

7. What will stop you?

8. How can you protect yourself?

December

- 5th International volunteers day
- 8th Bring your Christmas tree home day
- 10th Human rights day
- 10th International animal rights day
- 12th International day of Neutrality
- 14th Christmas jumper day
- 20th International human solidarity day
- 23rd Festival of Winter walks
- 25th Christmas morning swim

Consider

- Blogs
- Social Media
- Facebook Live
- Quote Images
- Tips
- Hashtags
- Questions to encourage engagement

January

- January dry January
- January 1st Veganuary
- January 3rd festival of sleep day
- January 21st Blue Monday

Regular Tasks

- Accounts
- Admin
- Blogs/Content Creation
- Social Media Scheduling
- Self Care

Also consider CPD

FOCUS ON CHRISTMAS

Most people are affected by Christmas in some way or another no matter what their faith or circumstances.

My Christmas Survival guide

<https://www.reflectionscounsellinglincoln.co.uk/christmas-survival-guide/>

I wrote a series of blogs covering:

- Money
- Making new traditions/dealing with change
- Being alone
- Coping strategies for introverts
- Overeating
- Remembrance
- Arguments
- Mindfulness
- Post Christmas blues
- New year, new you?

Feel free to use as inspiration.

But other things to consider around Christmas are:

Faiths: How people from other faiths manage Christmas

Kids: How to manage your kids excitement, other peoples unrealistic expectations of childrens behaviour or managing being around other peoples kids that have different boundaries - and explaining that to your own kids.

If you lost a child or can't have children - managing other peoples remarks, coping with sadness and loss.

Having to work over Christmas

Managing family gatherings when your parents have seperated

Managing time away from kids if your partner has them this year

Managing step kids or step parents

Managing alcohol

And letting people know they have the choice to not spend time with caustic or abusive family

1.

Action Steps

2.

Action Steps

3.

Action Steps

DEC

WEEKLY TOPICS

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					