

Holidays Over the Years

THANKSGIVING

THEN Dad carving the hard-crust turkey with electric knife, nibbling as he goes.

NOW Dad carving the moist, baked-in-the bag turkey, without the electric knife, still nibbling as he goes.

THEN Mom cooked up real cranberries (too lumpy for me).

NOW Sheryl brings jellied cranberry sauce with pickled beets.

THEN Never decorated the house for the fall holiday.

NOW Decorate with autumn leaves, real pumpkins, and golden garlands.

THEN Showed up in time to eat, everything was fixed by mom, departed early with leftovers in Tupperware and plastic baggies.

NOW Arrive early, set the table, bring healthy food choices to add to the menu, clear the table after the meal, and wash the fine china, stay late just to hang around and have meaningful conversations.

CHRISTMAS

THEN Snow skiing in the mountains, freezing with friends.

NOW Kaua'i Island, Hawaii at brother's garden paradise.

THEN Frantic, last minute shopping on Christmas Eve.

NOW Carefully selecting the gifts for loved ones throughout the year.

THEN Dragged guys under the mistletoe.

NOW Avoid being dragged under the mistletoe.

THEN Dipping candy canes into hot chocolate.

NOW Dipping chocolate mint candy canes into Starbucks coffee.

THEN Ungrateful for gifts; selfish and expecting.

NOW Truly cherish and appreciate whatever is given to me.

THEN Bought fresh-cut trees, not supporting the environment.

NOW Grow my own potted Norfolk pine tree that is now 8' tall.

Holidays Over the Years

(CONTINUED)

THEN Tossed the tree into the dumpster after two-three weeks,

NOW Encourage neighbors to recycle their trees, instead of creating waste.

THEN Eggnog loaded with rum and sprinkled with nutmeg.

NOW Lactose-intolerant . . . sparkling apple cider.

THEN Purchasing next year's cards the day after Christmas, usually on sale.

NOW Custom, thinking of each recipient, starting as early as October.

THEN Gave angels and candles for holiday gifts.

NOW Receiving angels and candles as gifts—throughout the year.

THEN Hated reading stupid letters people sent with their cards.

NOW Look forward to reading those wonderful letters from loved ones.

THEN Tossed those stupid letters people sent with their cards.

NOW Joyfully write a thoughtful letter to send out with my own cards.

THEN Ate a *lot* of chocolate.

NOW *Give* more chocolate and sweets than I eat.

NEW YEAR'S EVE

THEN Making resolution lists easily broken in the first week.

NOW Writing out manifestation goals for the entire year.

THEN Partying all night long, waking up with hang-overs.

NOW Meditation and vision boarding, and off to bed early.

THEN Looking back with disappointment over what I hadn't done.

NOW Celebrating with deep gratitude of accomplishments, adventures, joys throughout the year.

NEW YEAR'S DAY

THEN Getting up early to watch the Rose Parade with mom, shown once.

NOW Watching the broadcast of the parade any of the multitude times.

~ SHERYL ROUSH