



Week Twenty Three



PERSONAL

What a year 2020 has been! How are you going to spend the Festive Season? With friends, with family or by yourself? Have you planned your meals, gifts or gatherings yet? It all seems a little surreal sometimes that we are here close to the end of the year. Did we achieve some of the things we had planned to do in 2020? Pat yourself on the back if you did, add them to 2021 if you didn't. Be kind to yourself over these next few weeks.



FAMILY

It seems like only yesterday we were all locked down to home schooling our children and now the school holidays are upon us again. This time though there are lots of things to go exploring with the family. Beach walks collecting shells and flotsam and jetsam, checking out the galleries or our wonderful museums who have put in a lot of work to create exciting exhibitions. Don't forget the country



museums which have interesting displays. You can make a day of it to Bendigo where the current Piinpi exhibition has free entry until the 17th January. Bookings still essential.



FRIENDS

Friends are very important in our lives, so it makes sense that how we treat our friends is important. How are your friendships traveling following the Covid lockdown? Have you found some friends behaved differently to the way you thought they might? It might be time to make a decision about the value of some friendships now. Do you need to put more effort into making the friendship work or is it one that you might step back from a little? Life is like a series of concentric circles and our friends can drift in and out from the smaller central circle of 'you'.





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COMMUNITY/NEIGHBOURS

What is happening in your local community to celebrate the end of the year? Have you checked out your council website? Is there a community social media page listing all the houses decorated for Christmas that you could visit? Can you offer some food items to those who are doing it tough this Christmas? Would your neighbour appreciate a hamper from your garden or a small offering from your kitchen to make their Christmas special? Just a few questions to consider if you are traveling better than some others in your community. Never forget that kindness is catching!

