

# Confident and Motivated

December 2009

I am repeating this story because of the enormous interest and questions last time I printed it.

## Our Christmas Olympics! Let the Games Begin...

Our daughter Shanna believed in Santa until she was 9. Santa seemed to represent all things Christmas yet Shanna felt sorry for him. She was sure that a jolly old fella like himself would feel sad that mail only arrived in December so she began corresponding with Santa every January for the next 11 months, purposely excluding December and asking only for his friendship. She inspired me to look at the season differently.

After years of trying to figure out a way to change our superficial model of Christmas to one with more meaning, surely I could follow the lead of my young daughter to create a Christmas tradition that would take the main focus off of gifts.

My criterion was uncomplicated:

1. Must be more about family and togetherness than gifts.
2. Must include all ages from the very young to the elderly.
3. Must be fun and memorable!

Our family has come to know this unpretentious event as '**Christmas Olympics.**'

Our Christmas Olympics begins right after lunch on December 25 with the gong of a bell as the start. It prompts last year's **Olympian** to run though the house proudly wearing the tacky olive leaf wreath on their head while carrying a makeshift torch (a wooden stick with a hand drawn flame)...happily donated when our three kids were still toting crayons.

While many people spend the 5 days before Christmas on shopping, my family are extra busy gathering "things" for their game or researching "party games" on the internet and that's half the fun!



The games each person chooses remain top secret right up until the moment they are designated to start their game.

Each person's game time is indicated simply by where their name happens to be on the paper that tracks the game points. Christmas Olympics after all is meant to be fun with only few rules!

If you have 5 family members, each game earns a player a point score from 1-5, depending on the position they ranked in a game.

The following is a small sampler of some of our many **Christmas Olympic** games;

- **Poop the Potato** game means to hop around a table with a potato between your legs and while facing everyone, plop it into a bowl on the floor.
- **Orange peeling** contests. The longest unbroken rind wins and everyone gets treated to a fibre break from candy and chocolate.
- **Snow golf**...one or two holes on a short course (use food colouring around the hole)
- **Staring** contests (this is a great one for the elderly)
- **Raw egg tosses in the snow.** It's messy but the pictures are priceless!





## Mailbox~

*"...this comes from our whole group and from the heart, "FANTASTIC" there are no other words for it... I have never seen a person able to move and motivate a group of people (especially one like ours) so smoothly and effortlessly in my entire life as you have managed to do."*

**Jim Sackston**

**Fenelon Falls Rotary Club**

*"I absolutely and unequivocally felt this interactive workshop was a great value for the money. Staff were much more energized and inspired in the work they are doing and seemed to internalize the philosophy around the workshop."*

**Patty MacDonald**

**Director of Operations**

**Canadian Mental Health Association - Sudbury/ Manitoulin**



*"Very powerful!"*

**Derek and Cindy Bolton**

**Lakefield Ontario**

*"The train the trainer was good value and your experience and knowledge all around the subject of self-esteem really is priceless. I got a lot of comments that they appreciated being there...and want you back!!!"*

**Deborah Deconti**

**Algonquin First Nations - Quebec**



**The November newsletter quiz answer is "Respect."**



**Have a momentous and beautiful December!**

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