

Your Vitally Productive Best-Ever Christmas Cheatsheet

Vitally Productive
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You are...	Ho ho ho – your holly jolly	Bah humbug – your festive horror	How to banish the overwhelm blues	How to be nice again (30-min recharge)
The Explorer	You love a change of routine, new people, new games to play, books to read or places to explore, with others who share your enthusiasm	So much to do! Your dream of a perfect Christmas is delightful, but the reality of putting everything into action leaves you grumpier than the Grinch	Decide what's really important to you, and try to let go of everything that's not central to those priorities. Remember to involve other people to share the load	When it all gets too much, consciously take time out for something completely different – a new book, a focused conversation or just escaping for a walk
The Idealist	You want familiar territory, so you can relax and enjoy some down time without too many distractions or decisions to be made	The pressure to get practical stuff organised can leave you more frazzled than Santa's elves, especially if you don't value those things yourself	If you're running things, decide on your top priorities and simplify everything else. Ask other people to arrange food, games or activities for gatherings	Grab paper and a pen, and spend some time alone focusing on gratitude: for what you have, for what you can do, and how your Christmas reflects that
The Visionary	An ideal festive season gives you a chance to delight people by trying out new ideas and plans with them, and spreading your energy and sense of fun	You feel the pressure to keep everyone else happy – which is downright stressful when they can't agree what they want or resist getting involved	Make Christmas a shared activity – get everyone to contribute ideas and offers to make things happen, using your energy to coordinate what's going on	Switch off from the frenzy with some time to read, think or create something beautiful, either alone or with someone whose company you truly enjoy
The Sustainer	You love to bring your festive vision to life for the people you care about, with carefully planned gifts and activities	Juggling a thousand practicalities to make everyone else's Christmas happy and bright leaves you desperate for a solitary sherry behind the tree	Clear your head by writing down everything you need to do. Ask other people to help with practical tasks – remember they'll often love to feel valued	List the people around you and mentally thank them for being there. Then have a few minutes consciously connecting with the things most important to <i>you</i>
The Whirlwind	Forget daily routine! It's time for a party – you want to make it all happen, with energy and passion	There's always more to be done than you have time for – why does everything need to be planned, ordered and organised so far in advance?	Stop being busy for 5 minutes to make a simple plan – then take at least 30% of things off your list. You'll find the most important things will still get done	Get out – go for a run, a walk, or anything to burn off some energy and regain your focus. If no one else wants to come, head off by yourself for a break
The Arrow	You like to keep it simple, with quality time for doing things at home, with old friends or family	Nothing dampens your Christmas cheer like the expectation to consider and strategise a stable-full of plans	List the big jobs you have to do and plan them into your diary. Check it twice a day to make sure you're doing them, so stress doesn't build up even further	Take yourself away from the multitasking frenzy and do something calm that uses your practical skills and focus, from testing the wine to Lego with the kids
The Hero	You're Santa personified – you love to keep everyone happy by turning your hand to whatever's needed	You've been so busy doing things for everyone else, that you've exhausted yourself – and what's more, no one seems to properly appreciate your effort	Articulating your priorities will help calm things down. List what you need to do and put it in full view, to help you keep your focus	Go and do something practical and active that you enjoy – just for the fun of it. Either do it alone, or with someone else who shares your enthusiasm
The Fixer	You love to use your practical expertise and skills to bring your vision of Christmas to life for the important people around you	Where have your family or friends vanished to? Unhelpful, ungrateful or argumentative people simply wind you up	Ask people specifically to help you with jobs you don't enjoy or aren't good at – including planning games or meals, or coming up with ideas for presents	Ask yourself – honestly – what you'd most like to do, and go and do it. If you feel others disapprove, give them your biggest smile, and say, 'back soon'

Want to do more with less stress? Discover your Vitally Productive type at www.joannapieters.com

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