Written by Lillian Chebosi Thursday, 08 December 2022 08:50

## **Volume 12, Issue 37: Delight Yourself This Christmas Month**

It's the best time of the year. December is the best month of the year for most of us. A time to be merry. So take time to be merry this festive month. Enjoy the lights. Enjoy the music. Enjoy good food and desserts with family and friends.

This December just started and it's already the 8th day. This is telling that the month will go by quickly. So let's determine to soak in each day until Christmas day and thereafter.

When I was a child, I eagerly waited for Christmas day. Then I would feel bad after Christmas day. I wanted it to last longer than it did. I wanted more of the moment. Now I don't live for the day. I revel in the Christmas month. I put up and decorate my Christmas tree in November before thanksgiving week.

Decorate your house for Christmas. Play Christmas songs in the background all day as you work. Watch Christmas movies. Attend your Church's Christmas extravaganza.

Go to the malls. You don't have to indulge in unnecessary shopping while there, but the atmosphere is delightful. Take pleasure in just being there.

Take yourself and the children in your life to big malls in the evenings for ice cream and enjoy the extensive display of lights and Christmas decorations.

Enjoy imagining, buying or making gifts and cards, and wrapping them for your family and friends and stack them under your Christmas tree. Invite manageable groups of family and friends for treats and exchange gifts and other pleasantries.

Whatever you envision would speak Christmas to you, and bring Christmas cheer to your loved

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