

Dear Santa

It's been a while since the last time I wrote so you may be a bit surprised by this letter. But I'm hoping that you'll also like the idea I've had to... make life easier for us this year.

I know how stressful December to-do lists can be for someone who cares and I'd love for it to be less so. For you, for me, for all people really.

In the recent years, I've noticed that Christmas season has turned into a time of huge pressure. It seems that each year there is an expectation to do more and to spend more than we can. It is becoming too much.

Then, January comes and we're all spent, feeling low.

I wonder if that's the best we as humans can do when we want to show that we care?

Buying stuff is stressful, tidying up overfilled rooms is stressful, not to mention the distress to the planet. I worry about the cost of more-is-better Christmases...

So this year, Santa, I'd like to ask for a very different gift.

Instead of getting more stuff, I'd love to receive a voucher* (or cash) to help me reduce, re-organise and reconnect with joy from the things I have already.

Just thinking about it makes me feel more spacious and hopeful.

There is a coach I've found who specialises in reducing overwhelm. She helps people to declutter and organise their homes/work spaces so that they look and feel great to be in. She now offers gift vouchers* so loved ones can help you access her services.**

I've realised that with a few people's help, I could hire support to prune and tidy my stuff and have a much happier space around me. It would really lift my life.

Would you be willing to give me this unusual gift this year? And if for any reason, you are not sure about it, please ask me what you need to know about it. The idea is to make your life easier too!

With warm thanks for considering my wish,

* You can see the vouchers at www.gentlepower.co.uk/giftvouchers

** The vouchers are good for Stroud/Bristol in person and for online support for DIY decluttering, ask for details by email to: dorota@gentlepower.co.uk