LiVe Well

e-tips... to help you Live Well

Grown-Up Christmas Wishes

Amy Grant sings a Christmas song that touches me, especially this year. Here are some of the lyrics:

So here's my lifelong wish,
my grown-up Christmas list,
not for myself, but for a world in need:
No more lives torn apart,
Then wars would never start.
And time would heal all hearts.
And every one would have a friend,
And right would always win,
And love would never end
This is my grown-up Christmas list.

I echo this Christmas list, and would add the wish that each of you will be a little kinder to yourself this coming year. Give yourself more credit for what you do. Stop comparing, except with yourself. Forgive yourself when you're not perfect. Keep trying. Discover and cherish what is unique about you.

These are my grown-up Christmas wishes! Merry Christmas!

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Intermountain Employee Assistance Program e-tips are messages that teach, remind, and inspire in our journey to live well.

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