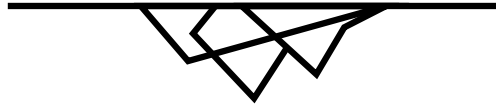


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**IT'S THE
MOST
WONDERFUL
TIME OF THE
YEAR!**

But it's also stressful AF.



**7 DAYS OF
PRESENCE**

HOW TO USE THIS GUIDE:

Commit.

Commit to yourself and your family and remember your WHY for starting this mindful journey.

Listen.

Really listen. If your mind starts to head to what's next on the agenda, that's ok. Just tune back in and be an active listener.

Plan.

We know carving out blocks of time for an activity isn't always possible. But when you set aside time to participate, you're able to be in the moment without worrying about what's next. So take a peek at your calendar (and the weather) and plan out your 7 Days of Presence.

Adapt.

Think of this as a starting place. You can adapt these for what works with you and your family.



LET'S DO THIS,



together.



01.

DATE YOUR BFF



It's SO important to have a tribe of the best people we can turn to! But we also know that momlife makes it hard to connect with our besties that live out of state. Schedule a phone date to catch up with a friend and enjoy a convo of memories and laughter. Bonus points if you FaceTime over a glass of wine.

02.

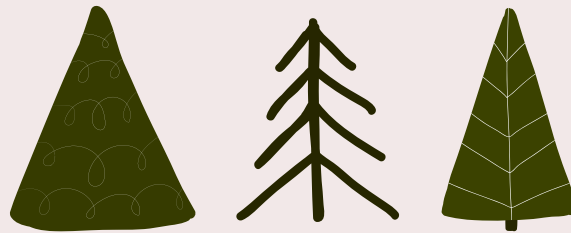
GIVE EVERYONE A VOICE



Spoiler alert - this one is really about listening. How many times do you rush through family dinner? One night, sit down together and practice active listening. Ask one question and give each person an opportunity to answer without any interruptions. We love to play Rose & Thorn and have each person share the highs/lowes of their day. It's a great way to learn where people are struggling and how you might be able to help. Plus, you might be surprised at how the littlest things bring someone so much joy in their day!

03.

DO ONE FAMILY ACTIVITY



There are a million ways to celebrate the season with your kids! Plan one that you know they will love - seeing the magic through their eyes will be worth it! Go see the lights in another neighborhood, make homemade hot chocolate, see a Christmas play, share an old family tradition, the options are endless!

04.

**SPREAD THE
CHEER**



Let someone know you're thinking about them with a plate of Christmas cookies or a homemade card.

05.

DIGITAL DETOX



Don't look at your phone for the first 30 minutes of the day and see what happens. Can you even imagine not feeling stressed before you even get out of bed? Bliss.

06.

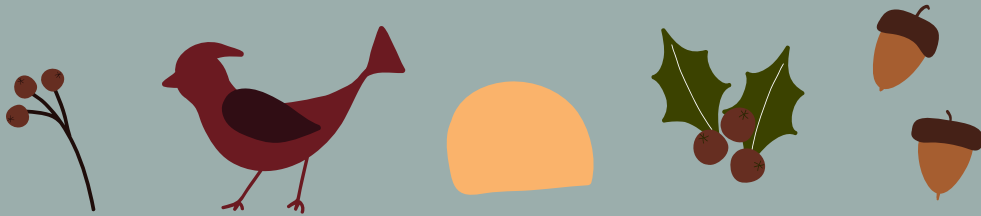
GET 'ER DONE



Tackle one thing on your own to-do list. If your list is like ours, it's not about us at all. It's everything we have to get done for everyone else. Make yourself a priority and do one thing that you've been putting off. Get your brows done. Check out a new coffee shop. Head to a yoga class. Whatever floats your boat - but enjoy every moment of putting yourself first.

07.

PLAY OUTSIDE



It's hard to enjoy the season without actually experiencing it! We're not saying you need to find the closest mountain and climb straight to the top (but that would be pretty awesome if you did!). Just feel the cool air around you and enjoy all the smells of winter. We can promise you, no matter where you live, nature can trump your scented candle if you just take a moment to appreciate it.

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**HAPPY
HOLIDAYS**

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