
Decorating For the Holidays

A PRACTICAL GUIDE FOR MINIMIZING & MAINTAINING HOLIDAY DECORATIONS

1 Reflect On Past Purchases

Think back to previous holiday decor purchases. Have you bought items only to lose interest in them after a few years? Consider what might happen to the new item you're contemplating buying.

2 Minimal is Okay

You don't have to go all out with decorations. Focus on what truly brings you joy. Donate the decor that you don't put up anymore and let someone else enjoy it.

3 Pick A Holiday

Why clutter your space with trinkets for every holiday? Instead, select a few meaningful holidays and let those decorations take center stage.

4 Mindful Purchases

Holiday decor is just like fast fashion. Examine what you're buying and think about its environmental impact. Do you really want to support consumerism that disregards the environment?

5 Natural Elements

Consider using natural items to decorate your home. If you are thinking of buying something new put that money into buying a bouquet or seasonal plant.

6 Shop Small, Shop Local

If you do decide to make a purchase, opt to shop first at small, local businesses. Support local artisans rather than big-box stores. Or make it an experience and shop a craft fair with your friends.

7 Don't Even Look

If you know you already have too much holiday decor then try your best to stay out of the stores around the holidays or at least stay out of the holiday decor aisles. If you find that you are still tempted, don't impulse purchase. Set a wait period of 48 hours before you bring something new into your home.

8 Create Meaningful Memories

Reflect on your favorite holiday memories. How can you incorporate those cherished activities into your celebrations? Think about how you are spending your time and use it on experiences rather than shopping. If you do decorate, involve the family, let the kids decide where things should go.

9 Focus On Food

The aroma of delicious meals or treats is truly something special and memorable. If you are short on time use it in the kitchen instead of shopping and decorating and create some special holiday dishes.

10 Give Back

Explore how you can make the holidays more meaningful by using your time to help others - your family, your community, your child's school, or any other cause that touches your heart.