

## Audio file

[Holiday Expectations Audio 1.mp3](#)

## Transcript

00:00:05 Announcer

Are you tired of chasing perfection and always feeling like you fall short?

00:00:09 Announcer

There is a better way.

00:00:11 Announcer

Welcome to the pop coach life.

00:00:13 Announcer

With your host, Sharon Smaga.

00:00:15 Announcer

Where we are.

00:00:16 Announcer

Pursuing the art of purpose over perfection.

00:00:19 Announcer

She's going to turn what you think you know on its head and help you discover a life filled with meaning.

00:00:25 Announcer

And joy, so buckle.

00:00:27 Announcer

Up buttercup, because here comes Sharon.

00:00:44 Sharon

Hi, everybody and welcome back.

00:00:46 Sharon

I am Sharon Smuga and this is pop coach slave where we are pursuing the art of purpose over perfection because purpose is important and gives us sort of the reason we get up.

00:01:00 Sharon

Go to bed in the morning, I guess, eh?

00:01:02 Sharon

And if we get locked into perfectionism, it actually kills purpose.

00:01:07 Sharon

So welcome back.

00:01:08 Sharon

UM, I just wanted to chat a little bit today from just from a really honest place in my heart and mind about holidays.

00:01:18 Sharon

Here they come.

00:01:20 Sharon

They're on their way.

00:01:22 Sharon

It's a big holiday time of the year.

00:01:26 Sharon

You know, Thanksgiving, Christmas.

00:01:30 Sharon

And and the idea of companionship and family and sort of all the norms we put around that and then right about the time we're kind of getting over dealing with all of that and waiting our way.

00:01:42 Sharon

Through and did I have anybody to kiss at midnight on New Year's?

00:01:47 Sharon

As if that's not enough, Valentine's Day sort of sneaks up and wallops us.

00:01:52 Sharon

So I just want to talk to you kind of from the heart today we'll.

00:01:56 Sharon

See where this goes?

00:01:58 Sharon

I am 53. I'll be 54 in December. I am widowed.

00:02:02 Sharon

I am SNK.

00:02:04 Sharon

Now single, no kids.

00:02:06 Sharon

Both of my young men are young adults now on their own, doing their thing and.

00:02:10 Sharon

I'm really proud of them.

00:02:13 Sharon

And there's just so much honest space I'm left with, with myself in the house now, and the quiet without the energy going out that's needed to meet the needs of kids or a husband.

00:02:26 Sharon

Right, so I have a lot of time to think.

00:02:28 Sharon

So either you're welcome or I'm sorry.

00:02:30 Sharon

Depending on how you feel about some of my content.

00:02:34 Sharon

And losing my husband at the age of 46 is it's never easy for anybody, but it was really sort of in my face, in a different way, because that's very young to be widowed. And I know because lots of people would say that like, oh, that's so young to be widowed.

00:02:54 Sharon

And they're right.

00:02:55 Sharon

I don't know if it was helpful for them to say those things out.

00:02:58 Sharon

Loud, but I could appreciate it.

00:03:01 Sharon

And there are a lot of things that come so for those of you that are dealing with loss, I know that whether it's said out loud or not that you have had to also deal with what we would call secondary losses.

00:03:17 Sharon

Here's the big primary loss.

00:03:18 Sharon

But they're sort of these ripples of loss that come with that.

00:03:22 Sharon

In many ways, because loss, the death of a loved one has a massive impact on a family system, and that is just what is real.

00:03:33 Sharon

But even if you're not dealing with loss, this is coming from a space where because of my loss, I feel like I've learned some things that can be helpful to anybody, whether you're walking and lost or not around the holidays.

00:03:51 Sharon

One of the big things that it taught me was to let go of expectations.

00:04:00 Sharon

And what I mean by that is there's really nothing magical about a specific date.

00:04:06 Sharon

That these are things that we have created to celebrate certain things in our lives and that is not wrong.

00:04:15 Sharon

But there's nothing inherently magical or important about saying this is the date we choose to set aside to do this.

00:04:24 Sharon

So the biggest thing I think I just want to encourage y'all to do is consider that you don't need to get caught up in your head or your emotions about, well, where does somebody spend Christmas on Christmas Day or do I have a boyfriend or girlfriend at Valentine's Day?

00:04:44 Sharon

That to just think in terms of it's a day, it's artificial that's been created and again it's OK.

00:04:51 Sharon

There's nothing wrong with that, but that doesn't mean.

00:04:54 Sharon

You have to be bound by that, whether it's a date, what the holiday is for, or anything else.

00:05:03 Sharon

So for example.

00:05:08 Sharon

If you have family members that can't be with you for Christmas Day.

00:05:12 Sharon

Then don't worry about it.

00:05:14 Sharon

Celebrate it two days later.

00:05:16 Sharon

Do it a week before.

00:05:18 Sharon

Do what works.

00:05:20 Sharon

If it's Valentine's Day and you're on your own like me, it's OK to just go.

00:05:28 Sharon

That celebrated something I once had, and I don't have that in my life right now.

00:05:34 Sharon

But I can also choose to shift over and say, but I have friends and family that love me even on days I don't understand it because I'm having a hard time loving myself.

00:05:45 Sharon

Some days, right?

00:05:47 Sharon

But I do have that and I have those people and so I can choose to even celebrate that right.

00:05:55 Sharon

Remember in grade school and everybody gave everybody a Valentine's Day card?

00:05:59 Sharon

Not because that was your boyfriend or girlfriend, but because we just chose to sort of say, hey, let's treat, let's give.

00:06:07 Sharon

That love to people.

00:06:09 Sharon

Let's celebrate that.

00:06:11 Sharon

You can celebrate the idea of love even if you don't feel like you have that significant other that you wish for in your life right now.

00:06:19 Sharon

You can get your friend a Valentine's Day card, right?

00:06:22 Sharon

If you know you're a Mama, right.

00:06:24 Sharon

Your son a Valentine's and encourage them and tell them you're proud of them.

00:06:28 Sharon

There's all kinds of ideas and ways that don't have to be locked.

00:06:34 Sharon

And that's what I mean by talking about letting go of expectations.

00:06:37 Sharon

Just let him go.

00:06:39 Sharon

There's nothing special about that.

00:06:42 Sharon

There's also no.

00:06:44 Sharon

There's nothing that says you have to do it in the traditional way.

00:06:48 Sharon

And by traditional I mean, OK, here's what I've done for 40 years of my life around Christmas.

00:06:54 Sharon

But my life is different now.

00:06:56 Sharon

So now we do it.

00:06:57 Sharon

This way I remember the first year I decided to change what I cooked for Thanksgiving.

00:07:04 Sharon

Just what I cooked.

00:07:06 Sharon

It's crazy and.

00:07:07 Sharon

I was so like.

00:07:10 Sharon

I don't know if I'm being I almost feel like I was being a rebel.

00:07:13 Sharon

It was so funny, and I remember kind of talking to myself and going this is just food like you can cook whatever you want.

00:07:22 Sharon

And it it just.

00:07:23 Sharon

But I really struggled with that like is it really OK not to cook a big Turkey or do a ham?

00:07:29 Sharon

Or maybe for some of you like you do both and I took leftover Turkey and I made Turkey soup.

00:07:37 Sharon

I made a beef stroganoff and I cooked up some egg noodles, and then everybody could put noodles in a bowl and have one or the other, or, you know, both and other side dishes.

00:07:51 Sharon

It was super simple, super casual.

00:07:54 Sharon

It was very well received.

00:07:57 Sharon

And I was a lot less tired, by the way.

00:07:59 Sharon

So there's that because you know now that I'm on my own, even if I'm preparing a meal.

00:08:06 Sharon

I don't have somebody in the kitchen, you know, doing up the dishes as I cook and bake or what can I do, babe?

00:08:12 Sharon

What do you need me to help you with?

00:08:13 Sharon

So it's just me, right?

00:08:15 Sharon

So I've got to think of.

00:08:17 Sharon

My energy in a different way, even physically, for things like that, and I don't think there's joy.

00:08:24 Sharon

In spending 8 hours to prepare because a meal has to be a certain way, and then you're so tired and cranky by the time you sit down to eat that you can't enjoy it anyway.

00:08:35 Sharon

So I want to encourage you to think about what your expectations are.

00:08:41 Sharon

Maybe that it's?

00:08:42 Sharon

OK, to let go of some that are not serving you well.

00:08:45 Sharon

And how to free yourself up?

00:08:47 Sharon

Because the whole purpose of any of these, regardless of your age.

00:08:54 Sharon

Married single man, woman, whatever, right.



00:08:59 Sharon

The whole purpose, honestly is just to celebrate family community.

00:09:05 Sharon

And love, right?

00:09:07 Sharon

So find ways to do that that work for you.

00:09:10 Sharon

Now, what works for me is different than what worked for me when I was still.

00:09:15 Sharon

Married or what?

00:09:16 Sharon

Worked when I still had kids at home.

00:09:20 Sharon

I think it's OK to even run away to a warm vacation during cold weather months for a holiday and go spend it somewhere else with somebody else and invite your family to come there with you.

00:09:33 Sharon

Get creative, communicate with each other and figure out what you want to do, but dump the guilt.

00:09:38 Sharon

Dump the half twos.

00:09:40 Sharon

Dump the shoulds, the clouds, the woods.

00:09:43 Sharon

Let go of expectations and justice.

00:09:46 Sharon

Open yourself up to the possibility of change and you might find you have a much more relaxed holiday season this year.

00:09:53 Sharon

I hope so.

00:09:55 Sharon

Rooting for you.

00:09:57 Sharon

I'm rooting for me.

00:09:59 Sharon

Maybe we can be the people that we take the pressure off ourselves, and then we won't be the cranky customers out of the grocery store.

00:10:07 Sharon

And retail clerks and waitresses and service people do not love us during the holidays.

00:10:14 Sharon

Apparently we're very stressed and cranky, so.

00:10:19 Sharon

Maybe this year you can take the expectations off yourself and relax and just celebrate what is in your life instead of focusing on what you wish it was.

00:10:31 Sharon

And then in that process, you actually bring greater joy to someone else's life, too. I hope this has been helpful for you, I.

00:10:39 Sharon

Love you guys.

00:10:40 Sharon

I'm rooting for you keep pursuing purpose over.

00:10:43 Sharon

Please hit a like button, leave a review.

00:10:45 Sharon

Check me out on social media.

00:10:48 Sharon

Feel free to just share my content on social media and the podcast if it's been helpful to you, share it with other people.

00:10:55 Sharon

That's really all this is about, so get the materials out there if they've helped you and share it with people that you think could.

00:11:02 Sharon

Be helpful too as well.

00:11:03 Sharon

I love y'all.

00:11:04 Sharon

I'm just going to say a big happy holidays for all the things and find a way to let go of expectations and just celebrate life and what you do have and the people that you have in it take care and I'll see you next time.

00:11:28 Announcer

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