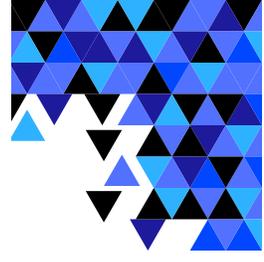


# As Told by Kole



#PodcastNotes for Episode 55

Merry Christmas!

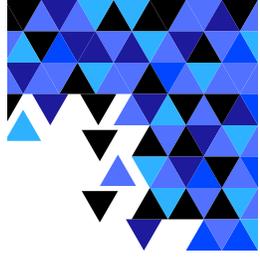
It's Christmas!!!! Goodness gracious. I'm not really in the Christmas spirit, but I'm so glad to be alive! We had such an amazing Christmas Eve service at church yesterday. It was so good to see the smiles on everyone's faces. There were a few tears here and there, but through it all, we had an amazing time.

I'm spending this Christmas by myself, and although I was kinda sad about it at first, it is totally okay. I'm taking some time to work on some amazing things for my tribe and I'm enjoying some amazing movies on Amazon Prime Video and YouTube. I refuse to be sad about what I can't control. Everything I experience in my life is only here to teach me a lesson - so I strive to learn my lessons and allow each experience to make me better regardless of how it makes me feel. I encourage you to do the same. I'm gonna share my Christmas FB post with you because I really want you to get this message:

Christmas isn't "merry" for some people. Some people have "family" every day but holidays, so they spend the holidays alone. Some people have to sit at the family dinner table and be belittled or criticized by other family members. Some people are grieving. Some people are sad because they have absolutely nothing (physical) to give. Christmas isn't always a happy time. It's often a reminder that no matter how much we convince ourselves that things are a certain way, they're really not that way at all. For some, it's a reminder that you still don't really "belong" to anyone. For others, it's a reminder that you really are "the black sheep of the family". So. No matter what your issue is today, be sure to take care of YOU. Don't let your outside circumstances affect your inner peace. You don't have to be around your verbally abusive family members. Even if you have to be there physically, you don't have to be there mentally. Your loved one may not be there, but your loved one is okay. And if you don't have anything to give, don't give anybody anything. The best gift they could ever get from you IS YOU, whether they realize it or not. If you're waiting for this day to pass, don't worry - it will. But remember that at the end of your life, when you're wishing you'd had more time, this day will be included in the "more time" you will be wishing for. If I were you, I'd treat this day like any other day and make the best of it. ♥

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#PodcastNotes



Whether you're surrounded by friends, enemies or no one at all, I want you to have yourself a merry little Christmas. You deserve it.

Have an amazing day today. Show love to yourself AND others. Be GREAT! I speak life to you and everyone and everything connected to you! Catch me tomorrow!

XOXO,

Na'Kole ♥

As Told by  
Kole