

# Investor's Business Daily article by Amy Alexander

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Write A Letter To Santa

Looking for a fun, festive way to write down your true dreams and goals? Why not send a letter to Santa?

Think it's a childish idea? That's exactly the point, says business and personal coach Melanie Calitri Holden, author of "The Ultimate Wish Book for Grown-ups: How to Use the Magic of Santa to Create Your Dreams."

Children often pursue the things they hope for with dogged determination. Once they set their sights on a particular objective, they usually don't back down easily.

"If you observe a child who is learning to walk, for example, you can see the determination in his eyes," Holden said. "He knows he will do it. It's just a matter of figuring out how to get his body to cooperate with his mind."

When kids put their wishes in writing during the holidays, they practice a proven leadership habit. Now it's your turn.

## Let 'Em Rip

To start, write out your wish list.

"Don't think too hard about your first draft," Holden said. "Just let the desires surface and write them down without judging them."

Have fun. Do you wish you could take a cooking class in Italy? Put it down. Buy a villa there? Jot it. How about a record-breaking 2005 in your business? You know the drill. Write until you've drafted all the things you want, like an 8-year-old circling pictures in a store catalog.

Now go over your list a few times, paying close attention to the feelings that each item on your list stirs.

"When you write down your goals, your fears of why they won't work or even the consequences of what might happen if they do work often come crashing in on you," said Henriette Anne Klauser, president of Writing Resources and author of "Write It Down, Make It Happen."

Klauser recommends writing down any worries or fears that you notice on a separate sheet of paper as you write down your wishes. "Let your writing be a place to park your

worries,” she said.

### **Get Specific**

Categorize your wishes and make them distinct. You might consider placing them under headings such as career, family, finance and material possessions, for instance.

Visualize your wishes, down to their finer points.

Imagine, for instance, what your office will be like when you land that promotion, all the way down to your brand new chair.

Number the items on your list in order of priority, starting with the one you desire most. Now you’re ready to get in touch with Santa.

How you write your letter to Santa is up to you. No matter what, though, don’t forget the most important step: Mail it. That’s right — address your letter, stick a stamp on it and drop it in the mail slot. Why?

“There is great magic in the act of mailing your letter,” Holden said. It’s a strong way of reminding yourself — and the world — that you are deserving of gifts and ready to receive them. Amy Alexander