

# M<sup>4</sup> MARILYN'S MONDAY MORNING MESSAGE

## "FOUR DECEMBER THEMES"

### Part 1

This December, I am highlighting four themes to steady us, stretch us and prepare us for the year ahead as captured in the following image:



Accordingly, December can arrive fast and full – with joy, pressure, memories, and emotion all at once. Opening the season with intention means slowing down long enough to set the tone before the month sets it for you.

### How You Open the Season with Intention...

Decide what you want this season to feel like

Let go of unrealistic expectations

Protect your peace early with clear boundaries

Choose connection and meaning over pressure and overload

### What Happens When You Do...

You feel more grounded and less overwhelmed

You create space for joy without ignoring real emotions

You move through the month with clarity and calm

You begin the season centered, steady, and in control of your pace

**Major Point:** Open the season with intention, not expectation as it could keep you grounded – and could make the rest of December more meaningful, manageable, and whole.

NEXT ISSUE:  
MONDAY, December 8, 2025

Marilyn