



HOLIDAY *Gift* GUIDE

- SET A BUDGET
- MAKE A LIST (AND CHECK IT TWICE!)
- LEARN THE FAMILY “RULES”
- ASK FOR IDEAS
- GIVE IDEAS
- CONSIDER “CLUTTER-FREE” GIFTS
- INVEST IN EXPERIENCES (NOT THINGS)
- GIVE THE GIFT OF ORGANIZATION!



SET A BUDGET

In this age of consumerism, we are inundated with ads for the latest and greatest offerings. If you use a smartphone or laptop and engage on social media, these ads are targeted based on your previous searches and online history. They are very tempting, especially when coupled with the words “SALE” and “DEAL”!

It’s important to understand how many people you need to buy for, and how much overall money you can afford to spend without compromising your financial needs. Once you understand your overall budget, it will help you tailor your gift giving.



MAKE A LIST (and check it twice!)

How you break down your budget will be determined by how many people you have on your gift recipient list. For some people, the list is short and easy to remember. For others, it includes extended family, colleagues, children.

Reminder: Include holiday “thank you” gifts and tips for people you regularly receive services from, such as your hairdresser, nail tech, cleaning person, pet sitter, sanitation workers, mail carrier, etc. Or neighbors that regularly help you throughout the year (bringing the garbage can from the curb, watering the plants when you’re away). These gifts add up, and sometimes we don’t factor them in to the original budget.



LEARN THE FAMILY “RULES”

Some families have long established traditions regarding gift giving, based on budget and history. There may be a “cap” on per-person spending, or a “Secret Santa”-type exchange in which each person draws the name of one family member to buy for.

Other families may have a “no adult” gift giving rule, focusing all the attention (and investment) on gifts for the children in the family. Understanding the rules will help offset any family drama — hopefully lol.



ASK FOR IDEAS

Although a gift should ideally come from the heart and be based on thoughtful reflection of the recipient, it can be HARD to know what to get.

When it comes to children, don't be afraid to ask parents for guidance, whether it be a general sense of what their children are into (arts and crafts, building, science, sports, etc.) or more specific gift registries.

GIVE IDEAS

Parents, if you are asked for ideas, help a gift giver out! It may seem disingenuous and yes, not at all the point of the holidays. But the kindness in this situation is to help relieve stress. Gift givers want to give gifts the recipients will love. So whenever possible, please help!

Create a wishlist on Amazon or use a gift registry app such as Giftster. This will allow you to send the link to those who ask for ideas. And permission granted to guide gift givers away from certain gifts, e.g., things you or your children already have too much of.



CONSIDER “CLUTTER-FREE” GIFTS

Part of the stress of the holidays is all the new STUFF that comes into the home in such a short period of time. It all needs to go somewhere, and that can be a challenge. Consider gifts that don't take up physical space:

- Paid subscriptions to their favorite apps (for example, Audible or Pandora) — something they can enjoy year-round.
- Consumables that you already know are their favorites and will be consumed quickly, such as a high-end brand of coffee.
- Gift cards that allow the recipient to choose their own gift.*

*For some gift givers, this doesn't seem personal enough, but there are ways around that. For example, for a gift card to a favorite coffee house, you can add a to-go tumbler or bag of coffee beans. Or you can include a note with an Uber or Lyft gift card saying you know how often they travel by ride share app.

INVEST IN EXPERIENCES (not things)

Also a clutter-free gift, experiences provide memories that last long after the experience itself. When we savor these memories, we generate positive emotions that increase our physical, mental and emotional wellbeing. This is especially true of shared experiences where we are also fostering connection with others. Examples of “experience” gifts include:

- Tickets to a concert or show
- A wine tasting and tour at a local vineyard
- A day of pampering at a spa
- A family vacation



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