



THE FAT GOOSE 2015

STRATEGIES FOR TAKING CARE AT CHRISTMAS



The Fat Goose is a project about taking care at Christmas. It recognises that Christmas is a tough time for a lot of people and that we can transform our experience of Christmas by taking care of ourselves. The project ran as a 'pop up' page on ticketsonmyself.com from 1/12/15 - 1/1/16. It focused on one very large family. It was so much fun that it will become an annual event. For more information about The Fat Goose or Tickets on Myself go to our website: ticketsonmyself.com

Nooooooooooooo

the only thing
going in my
stocking is
my leg. Everyone
I love will get
a message of
love. Hear ye Hear ye



I stay clear of big super-
markets that play
constant Christmas
carols. "I'm dreaming
of a white Christmas"
while it 40 degrees
outside and what I
really want is to shop



Perfect for stocking fillers

Planted tomatoes
and jalapeño
peppers



Let's talk GIFTING

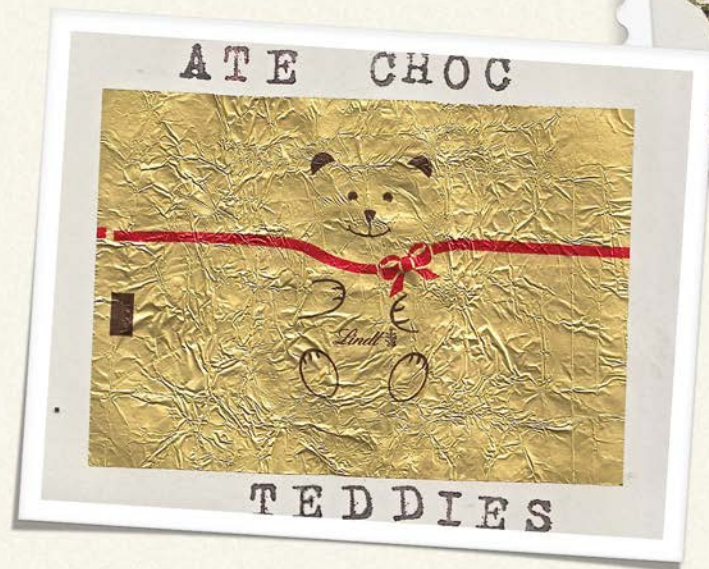
So I got on the website for organ
donation and made an enquiry
www.donatelife.gov.au

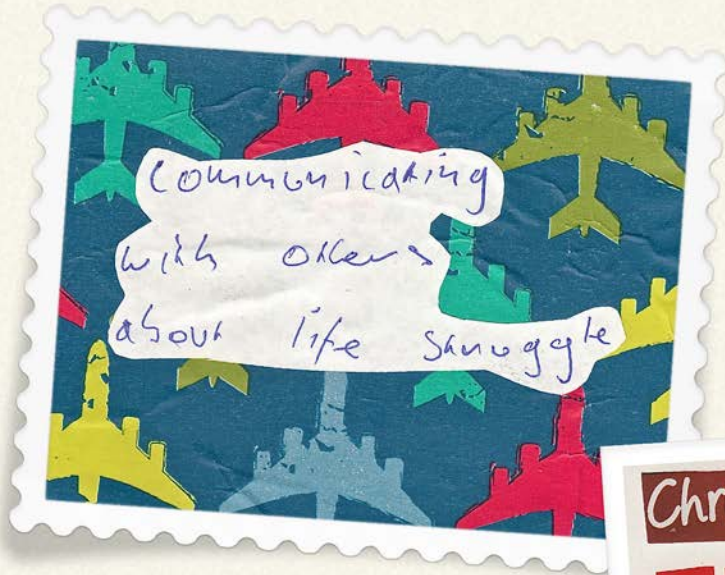




I continue to
 eat good, organic
 vego food. No
 candy canes (ew)
 no ginger bread
 people. No over
 eating. gonna make
 sure I eat my way
 this Christmas - my way









So far I haven't
drunk too much
and as yet haven't
fallen over and skinned
my knees.

HO HO HO!



black
birds
for
Breakfast
love
having
fun

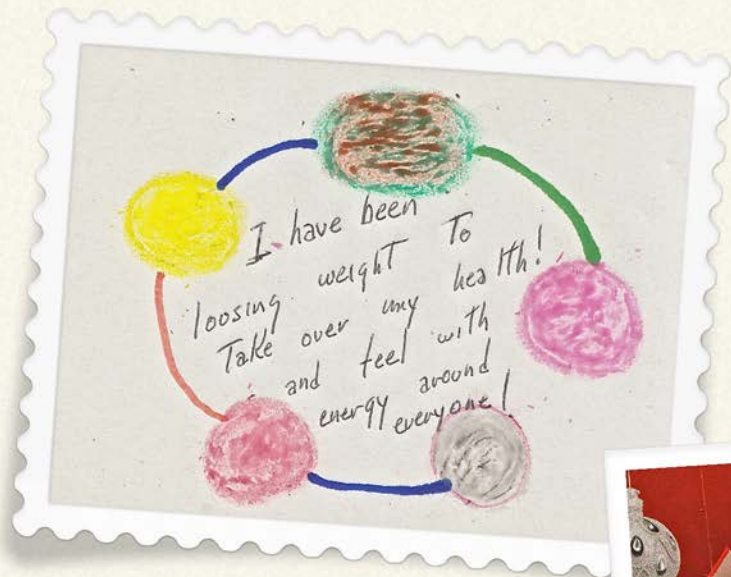


I took care of myself
today, by thinking
on how amazing family
are, and how love
must be the most
powerful force
in the world

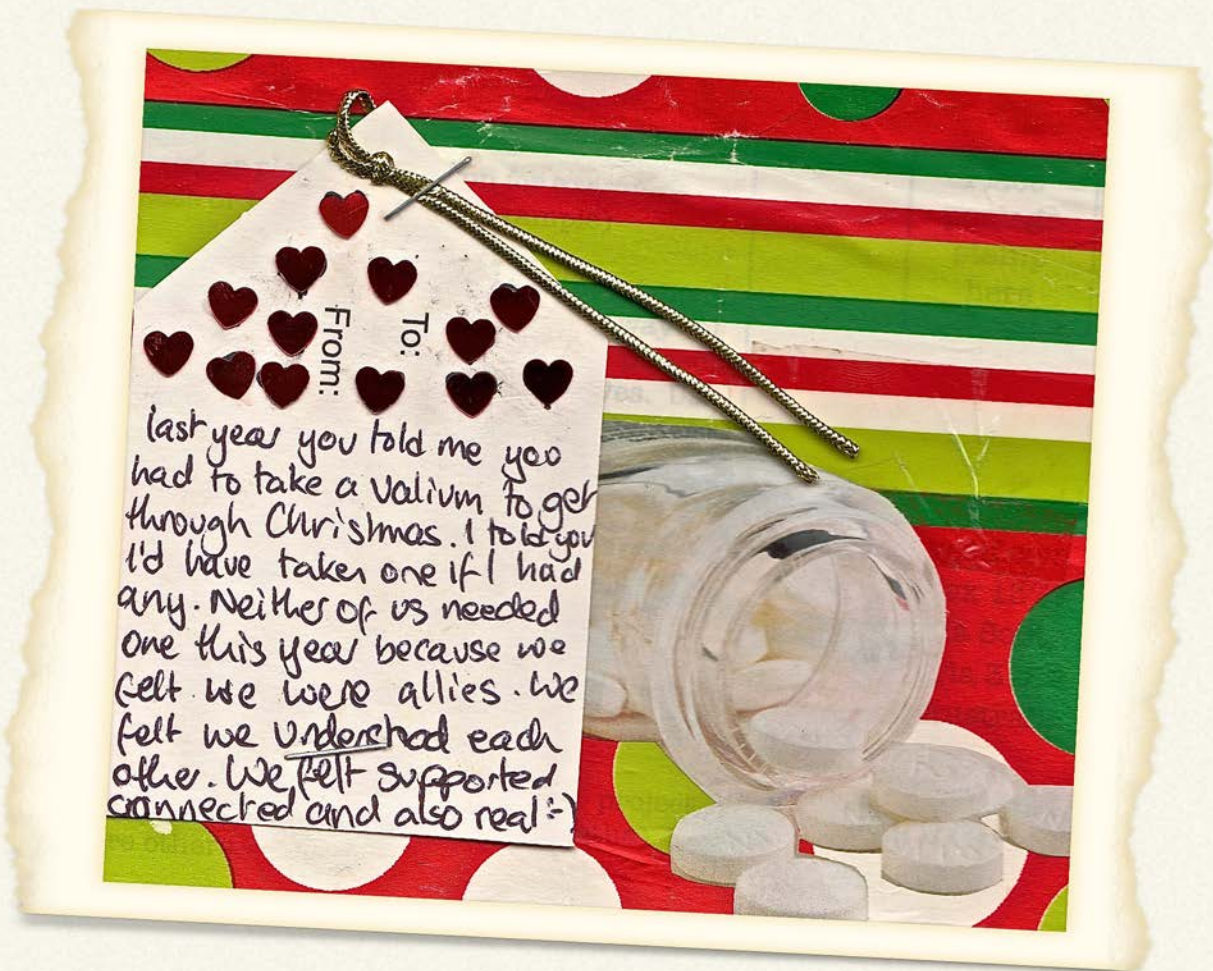
Tim















CHRISTMAS

Put myself
to bed early!



Bought a present
for a friend to
extend our friendship



I went for
a swim in a
fresh lake.



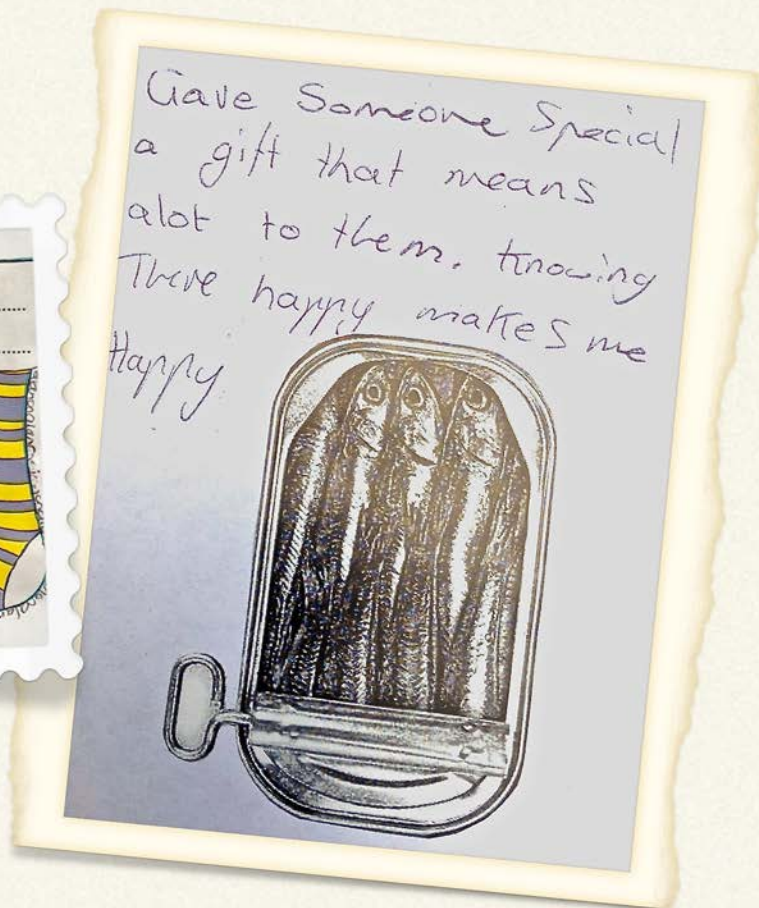
Surround
myself by
people especially
in the nursing
home

BEST SELLING

CHRISTMAS GIFT IDEA

Having fun with
my family and
grandchildren

**WHAT A
CRACKER**



enjoy the joy that other people a



It really works for
me when I decide what
to do, what to eat how



much to
spend, who to be
with. I make it work for me then I



FOR CHRISTMAS THIS YEAR I
 DECIDED TO WALK MUCH FURTHER
 AND MORE OFTEN. I WALK WITH
 MY TEENAGERS, OR MY WIFE, OR THE
 DOG DONALD.....I WALK ROUND LAKES
 THROUGH PARKS, ALONG RIVERS AND
 ON THE BEACH. I AM MUCH
 FITTER NOW, MORE RELAXED, FEEL
 HAPPIER AND HAVE LOST
 A LITTLE WEIGHT AS WELL.





TICKETSONMYSELF.COM

What do you do to take care of yourself?



Made on a Mac