

## Controlling Your Christmas

List everything that you have to do, prepare and attend between now and Christmas day:  
Reflect on each thing on your list:

Why do you do this thing?

Is it something that brings you joy in some way?

Does it bring joy to some one you love?

Does it let you use your strengths?

Is it in line with your values? Do you know your values?

Where does the expectation to do this come from? Yourself? Family/others? Society?

Of the things that are not in line with your values, which could you drop from your list?

What steps can you take to reduce your expectations of this time of year?

What boundaries do you need to put in place to make this time of year more enjoyable?

Who could provide support and accountability as you make these changes?

