

Reflect on what's important

The holidays can make balancing various obligations tricky. Between family functions, shopping for gifts and enjoying favorite seasonal activities, knowing your priorities can be a stress reliever when faced with the reality that you can't do it all. Take a few minutes and use the worksheet below to reflect on your core values and brainstorm this year's holiday goals.

1. Consider holidays of years past. What do you remember and what might you have changed?

Positives: What were the most meaningful activities?

Negatives: Is there anything you regret or would change going forward?

2. List some activities and traditions that are NOT as meaningful or enjoyable. For example, you may send holiday cards every year but only do so out of routine or expectation.
3. Think about the importance of staying healthy and taking care of your wellbeing. How do you plan on incorporating time for self-care this holiday season?
4. Finally, make a list of potential plans and rate them from the most to the least important. For example, rate an activity a "1" for least important and "5" for most important.

Refer to this worksheet as a reminder of what the holidays mean to you. Try printing this page out and discussing with family or friends. If you find yourself getting lost in the bustle of the season, return to some of the goals listed here for inspiration.

The holiday toolkit

