






Holiday Survival Plan

This year, let's focus on managing our expectations for the various aspects of the holiday season. In the spaces below, spend some time writing about old expectations that drain you and what you can swap them for to make the holidays manageable, functional and joyful!

home		Instead of: I can:
body		Instead of: I can:
family		Instead of: I can:
money		Instead of: I can:
rest		Instead of: I can: