

NAVIGATING THE HOLIDAYS WORKSHEET

What are 3 things I am grateful for right now?

1. _____ 2. _____ 3. _____

What do I hope this season will be about for me spiritually or emotionally?

Set between 1-3 intentions for the season ahead

1.

2.

3.

What scripture verses can I read that will help me focus on these intentions?

What general or specific struggles or stressors am I experiencing or worried about experiencing?

Relationships:

Finances:

Personal:

Calendar/Schedule:

Which of the following tools in my toolkit might be helpful in navigating the stressors of this season and helping me focus on my intentions? How might I put them into practice?

1. Set healthy boundaries.
2. Ask for help.
3. Choose generosity.
4. Name it (grief, fear, disappointment, frustration, expectations, etc)
5. Honor limits (financial, physical, etc)
6. Remember, good is here now.
7. Re-center (What helps me re-connect when I feel overwhelmed or get off track?)
8. Pray

