

Holiday Values + Vision Worksheet

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Clarify **YOUR** values and desires. Get clear on how **YOU** want to do the holidays this year.



WHAT IS TRUE FOR YOU ABOUT PAST HOLIDAYS?

Think back to last year's holiday or to other past holidays.

THE GOOD:

- What went well?
- What did you truly enjoy? Think about the people, the activities, the places, ambience, the food, the gift giving, etc.
- What did you or someone else do to make the holidays feel more organized, more centered, more fun or calmer?
- What made last year or a past holiday feel special to you?
- Are there traditions from your past that help you to connect to the spirit of the season in a way that is meaningful to you?

THE BAD:

- What didn't go well last year? Think about the people, the activities, the places, the ambience, the food, the gift giving, etc.
- What was stressful, overwhelming, frustrating or disappointing?
- What traditions, if any, do you not enjoy or not feel connected to?
- What did you do or what mindset did you have that made the situation worse for yourself or for others.

ARTICULATE YOUR HOLIDAY VALUES AND VISION:

When you know your core personal values, you can articulate who you are and what you stand for during the holidays. **Here are my holiday values:**

- Plan and engage in holiday activities that genuinely make me feel vibrant.
- Prioritize self-care practices that allow me to feel grounded and calm.
- Find my own way to connect to the sacred during the holiday season while respecting others' ways of connecting to the sacred.
- Look to the good in myself and in those around me. Express gratitude.
- Commit to my own evolution in my relationships. Work my growing edges.
- Communicate my needs at the holiday time with respect, care and candor.
- Take time to really connect with family members.
- Show up for my family and take responsibility for my healthy interactions with them.
- Embrace nature. Get outside!
- Purchase or create gifts that are aligned to my values and concern for the planet.

