



one great life you have!

Think daily about your values and what makes you flourish. Focusing on these things will help you discover who you want to be and how to live this

Avoid perfectionism. Tell yourself "okay" is good enough. Remembering your priorities, shed what you can live without.

Before you go to bed, complete the sentence: I am thankful for...

Make decisions based on who you want to be in this world.

Be realistic about holiday expectations for yourself and others.

Be grateful.



RECLAIM your Holidays

A POCKET GUIDE

Actions for a richer, more meaningful future

www.ReclaimYourHolidays.org

RECLAIM YOUR HOLIDAYS

ACTIONS

TIPS FOR SUCCESS

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Identify 1-3 priorities for the holiday season.

First, review your favorite holiday memories. Second, ask what makes you flourish at holidays. With these things in mind, list your holiday wishes, and prioritize.

Make time for your priorities.

Unplug the TV, the Internet, electronic games, or whatever takes time and energy without payoff.

Seek support to facilitate success.

Share your priorities with loved ones and learn theirs. Try to support each other. For help, reach out to a spiritual guide, a counselor, books and/or blogs.

Consider the environment when making gift-giving decisions.

Ask friends what makes them flourish. Use that information to help identify gift ideas. Gifts of experience, foods and beverages are often kinder on the environment than stuff.

Invest in something larger than yourself.

Build community by volunteering. Learn of opportunities in your local newspaper or join a club or group. Give back to the world with a gift to a charitable cause.