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

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

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 one great life you have!

Be grateful.

Be realistic about holiday expectations for yourself and others. Make decisions based on who you want to be in this world.
**RECLAIM YOUR HOLIDAYS**

**ACTIONS**
- Identify 1-3 priorities for the holiday season.
- Make time for your priorities.
- Seek support to facilitate success.
- Consider the environment when making gift-giving decisions.
- Invest in something larger than yourself.

**TIPS FOR SUCCESS**
- 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.
- Unplug the TV, the Internet, electronic games, or whatever takes time and energy without payoff.
- 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.
- 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.
- 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.

---

**RECLAIM YOUR HOLIDAYS**

**ACTIONS**
- Identify 1-3 priorities for the holiday season.
- Make time for your priorities.
- Seek support to facilitate success.
- Consider the environment when making gift-giving decisions.
- Invest in something larger than yourself.

**TIPS FOR SUCCESS**
- 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.
- Unplug the TV, the Internet, electronic games, or whatever takes time and energy without payoff.
- 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.
- 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.
- 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.

---

**RECLAIM YOUR HOLIDAYS**

**ACTIONS**
- Identify 1-3 priorities for the holiday season.
- Make time for your priorities.
- Seek support to facilitate success.
- Consider the environment when making gift-giving decisions.
- Invest in something larger than yourself.

**TIPS FOR SUCCESS**
- 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.
- Unplug the TV, the Internet, electronic games, or whatever takes time and energy without payoff.
- 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.
- 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.
- 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.