



# MY CULTIVATED *and* JOYFUL HOLIDAY

HOW I WANT THIS HOLIDAY SEASON TO FEEL: \_\_\_\_\_

HOW I WANT TO FEEL THIS HOLIDAY SEASON: \_\_\_\_\_

MY ONE PRIORITY FOR THE HOLIDAYS: \_\_\_\_\_

THE MOST IMPORTANT PEOPLE TO CELEBRATE: \_\_\_\_\_

\_\_\_\_\_

THE MOST IMPORTANT TRADITION TO CELEBRATE: \_\_\_\_\_

\_\_\_\_\_

Choose just one word to focus your holiday preparations! Then, choose a few action steps you can add to your Tending List over the next few weeks.

HOW I'LL PREPARE FOR A \_\_\_\_\_ HOLIDAY:

-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_