

RELAX

THERE'S NO SUCH THING AS A PERFECT HOLIDAY

The holiday season should be filled with joy and memories but we often allow stress to get the best us. We envision the perfect holiday and will stop at nothing to try and make it happen. (That's not just me, right?)

This season, when you feel that holiday stress creep in, try to remember these 5 things:

- *Set realistic expectations*
- *Set your boundaries*
- *Set your budget*
- *Be present*
- *And most important...Take care of you!*

Write yourself a permission slip to do the best you can while still taking the time to soak in the joy of the holiday season.

I GIVE MYSELF PERMISSION TO:

SIZE GUIDE

Want to put your worksheets in your Happy Planner®?
When you're printing out this week's worksheet,
scale your page to the following percentage:

BIG

100%

CLASSIC

82%

MINI

54%

PLEASE NOTE:

The Plan A Happy Life Podcast worksheets are designed to be printed on US Letter (8.5"×11")