



Festive FLOW

Let there be sparkles of
laughter, love and happiness
upon your heart
Adèle Basheer

Make Christmas your kind of WONDERFUL

Growing up, my mum made Christmas the highlight of our year. Even during the toughest times, she somehow always managed to save for, plan & create the most magical Christmas... leaving us four kids feeling like we were the luckiest ones on the planet.

With Christmas just around the corner & the mix of excitement & challenge it can bring, I want to share some ways that you can reflect & connect with what's most important to you. And make this Christmas your own kind of wonderful!

Adèle

What do you hold closest to your heart at Christmas time? For me, the three things I value most during the festive season are quality time with the people I love, having loads of fun & bringing joy wherever I can. Everything else is trimming on the tree!

I love traditions - they are precious & important. But when traditions are too rigid or outdated, opening up a conversation about them can lead to new ways of celebrating.

We began transforming traditions a few years ago when it was impossible to all be together on Christmas Day. Instead, we turned December 25th into Christmas Eve & woke up on the 26th to our 'official' Christmas Day. That simple change in mindset took all the pressure off & made everything more fun & worry free!

Are there any traditions you can turn into magical new beginnings?

The three things I value most at Christmas time:

1.....

.....

2.....

.....

3.....

.....

What traditions could be transformed to create more joy?

.....

.....

.....

.....

.....

What can I embrace to create more fun?

.....

.....

What is one thing I can accept or let go of to create less stress?

.....

.....

.....



'Tis the Season to be Joy-Filled!

Make this *your* 'most wonderful time of the year' by connecting with what brings you joy during the holiday period.

What do you love about Christmas? What would you like to do more of? How can you make this festive season one that delights & lights up both your life & others?

Whether it's baking up a Christmas storm, volunteering, listening to carols, crafting home-made gifts, decorating your home, or writing uplifting messages to those you can't be with... try and find a way to weave more of those joys into your festive season.

Some of the Intrinsic team's Christmas Joys are:

- Cranking up the Christmas carols to sing & dance to around the house
- Visiting the Christmas Tree Farm with the kids to pick a tree, strapping it to the car & cruising to festive tunes on the ride home
- Hanging twinkly lights on the house to delight everyone walking or driving past
- Discovering new Christmas decorations in the perfect colour palette
- Decorating the Christmas tree (or indoor plants!)
- Giving an unexpected gift to whoever is hosting lunch or dinner
- Visiting the local Christmas street or village to marvel at the light displays
- Baking Christmas treats & gifts; gingerbread, shortbread & chocolate truffles
- Buying a new decoration each year for grandchildren, so when they leave home they will have their own gorgeous collection!
- The aroma of a real pine tree wafting through the house
- Reconnecting with family and friends you haven't seen in a while

- Getting the kids to choose a new toy & placing it under the Gifting Tree for those in need
- Placing a Christmas bauble on the table for family who are no longer with us
- Chatting to the sellers of The Big Issue & giving them a generous Christmas tip

My favourite Christmas memories are...

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

The Christmas joys I would love to enjoy more of this year are...

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



Get the Gratitude Glow

Slowing down to appreciate the golden moments & express our gratitude for others can have a calming effect on our body, mind and soul.

By counting our blessings, we can explore our feelings of joy, calm & inner peace this festive season, build our resilience & ward off negative emotions such as anger, frustration & hopelessness.

Use the following prompts to ignite your gratitude glow.

Right now, I'm most grateful for...

.....

.....

.....

.....

Three good things about this year are...

1.

.....

.....

2.

.....

.....

3.

.....

.....

joy A beautiful life grows from the moments we create,
the moments we love, and the moments we live

Even though it challenged me, I'm grateful I learned to...

.....

.....

.....

.....

Who do I appreciate most in my life right now?

.....

.....

.....

.....

I'm grateful I can help others this Christmas by...

.....

.....

.....

.....

This festive season, I'm thankful that I get to...

.....

.....

.....

.....



Shine Your Light

We've compiled a fun list of random acts of kindness, good deeds & positive activities that will help you deliver a sparkle of joy & light to the world!

Use these as inspiration & continue the love with your own bright ideas, have fun & engage friends & family to join you!

- *You first* - let someone go ahead of you in the queue
- *Perk them up* - send an inspiring & uplifting Christmas letter
- *Forgive & let live* - forgive someone who has upset you
- *Season to sparkle* - switch off the news & drama, to set up a month of Christmas feel-good flicks & carols
- *Champion a cause* - get involved/donate/buy from a cause you're passionate about
- *Lighten up* - let go of some of that stuff in your wardrobe, attic or shed & donate it. It just might make the perfect gift for someone in need
- *Traditions* - incorporate a new Christmas tradition from another culture
- *Grow your family* - sponsor a child or an animal

Soul sparkles

Every positive thought or deed you bring to the world creates positive transformation all around you



Gifting Goodness

There's a real joy that comes when someone opens a gift & you see that look of deep appreciation on their face from recognising the thoughtfulness & consideration you put into it.

Thoughtfulness will always trump expense. Finding that special little something that will fulfil a wish or purpose, solve a problem, support a passion, add meaning or improve their life in some way, will go far.

Some ideas to get you thinking:

- For people who seem to 'have it all' - something that comes from the heart will be cherished & remembered. A sourdough starter kit for a bread lover; a framed family-tree for grandparents; flowers, herbs or veggies you've potted from your own seeds for a gardener.
- A babysitting 'voucher' for busy parents can mean a lot!
- Travelers who want to explore their own backyard might love an Airbnb experience, or your curated list of activities to support local with a journal to record their 'Staycation' memories.
- For kids, consider gifts that are fun, educational, useful, engaging & kind to the planet (think plastic free!). There are also experiences, such as movie tickets, art or cooking classes, live theatre, a treasure hunt, or an adventure with you!
- If you've got plenty of time but not much money to spare - bake them a batch of Christmas cookies, or get crafty with handmade gifts!

In the Planning section, you'll find space to write your gift-buying list & if you're finding it extra tricky for those who literally seem to have it all, we've also included our 'Gift Ideas Brainstorming' fun-sheet to get you on a roll!

Print them off multiple times if needed!

My Wish List

Don't forget your beautiful self! What would you love to bring into your life this holiday season? What will fill your festive cup and make you sparkle from within? Who would you love to spend time with and what places are calling you to spend time at? You might discover it's not just 'things' that are important to you.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



Nurture your Mind

With all the joys of Christmas & the holiday season, can also come feelings of stress, overwhelm & anxiety.

We're prone to going into overdrive; thinking about gifts, what's on the menu for the big day, any family & friendship complexities, endless to-do lists & piling our plates too high - both literally & figuratively.

Our self-care routines tend to lapse & we can become so enthralled in making things perfect for everyone else - that we start to forget about ourselves.

This year, let's change that! If you're starting to feel on edge & overwhelmed, here are five tips for battling these not-so-jolly emotions...

- 1> *Get out into nature* - a walk at your local beach, feeling grass between your toes, or simply a cuppa in your garden.
- 2> *Breathe* - now that you're outside, breathe the fresh air into your lungs! Take long, deep breaths.
- 3> *Write it out* - make lists & put everything that is on your mind onto paper. It's easier to see it all visually rather than have it jumbled in your head. Then you can plan out how you'll tackle it all.
- 4> *Talk it out* - chat to someone you trust & don't be afraid to ask for help.
- 5> *Stay in the present* - it's easy to get caught up thinking weeks ahead & losing track of what's happening right now. Take mindful moments each day to revel in the joys of planning for Christmas, so that you make it the most wonderful time of the year for you!

Soulful Self-Care

Let's look at ways to nurture your soul, indulge in self-care & make 'me-time' a ritual over the holiday period. Whether you can spare 5 minutes or an hour a day, time for yourself can help bring calm back into those days when it all starts to feel a little crazy!

Use the space below to write out rituals you'll make time for, to nourish yourself & ignite your golden glow within.

If you need a little inspo, here are the Intrinsic team's go-to rituals:

- Sing your fave Christmas carols & dance around the house
- Take a long, warm bath complete with petals & essential oils
- Journal 'three good things' each day
- Walk around your neighbourhood & enjoy the festive displays
- Sit in stillness & watch the twinkling lights on your tree
- Treat yourself to a pedicure for Christmas-ready feet!

My self-care rituals for this holiday period will be:

.....

.....

.....

.....

.....

Calm In times of great tension, a mind that is calm and composed will endure any storm

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

December

Life shines brightest in the company of those we love

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
Christmas Day	Boxing Day					Christmas Eve New Year's Eve





Planning for the Festive Season

It's beginning to look a lot like Christmas! Before you get caught up in the busy rush of presents & puddings, let's dabble in a spot of pre-Christmas planning to ease into the festive season feeling organised & ready to jingle!

Start thinking about what you need to organise & achieve in the next few weeks before Santa comes to town, to bring calm & clarity to your prep.

And be sure to include those Christmas Joys!

Things to think about:

- Where will you celebrate this year? At home or is someone else hosting?
- Are there any new traditions you want to embrace this year?
- What do you need to arrange in advance? Gifts, decorations, ordering the turkey (or nut loaf for the vegans!)?
- Prep work that needs to happen ahead of time, such as making Grandma's Christmas pudding or organising the family Kris Kringle?
- How will you decorate the house to get it looking festive & fun?
- Is it time to get the kids sorting through their old toys & books to donate, to free up space for the inevitable new delights they'll receive?
- Do you need to plan a date & slot time into your calendar to catch up with friends, colleagues or extended family?

This festive season I'm looking forward to...

.....

.....

.....

.....

.....

My Pre-Pudding Prep & Plans!

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Magic Moments

The times we share are precious moments wrapped around the heart with love



Gift Giving Ideas

Name: Budget:

Gift Idea:

Name: Budget:

Gift Idea:

Name: Budget:

Gift Idea:

Name: Budget:

Gift Idea:

Name: Budget:

Gift Idea:

Name: Budget:

Gift Idea:

Name: Budget:

Gift Idea:

Name: Budget:

Gift Idea:

Name: Budget:

Gift Idea:

Name: Budget:

Gift Idea:

Name: Budget:

Gift Idea:

Name: Budget:

Gift Idea:

Name: Budget:

Gift Idea:

Name: Budget:

Gift Idea:

Gift Ideas Brainstorming

Name:

Budget

What's their home style... colour-filled, minimalist, cozy, zen?

Passions/Interests/Hobbies:

.....

What are their hopes, dreams & wishes?

How do they relax... workshops, meditation, fitness, massage?

What's going on in their life right now? What are their challenges?

What are their cultural interests... music, movies, books, eats?

What goals are they working towards?

.....

What are their values... sustainable, local, fair trade?

Possible Gift Ideas:

What's their personal style... bohemian, casual, smart?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



Send a Little Love

It's so important to stay connected with loved ones from afar at Christmas.

Whether it's a handwritten card with heartfelt words, having sweet treats delivered to their home, or even a catch up over Zoom, you'll know that by sending them a little love - your thoughtful gestures will be deeply cherished.

Use this space to jot down fun connection ideas to send a big virtual hug to loved ones who you won't be able to see in person this festive season.

Name:



Address:

Connection Idea:

Name:



Address:

Connection Idea:

Name:



Address:

Connection Idea:

Name:



Address:

Connection Idea:

Name:



Address:

Connection Idea:

Name:



Address:

Connection Idea:

Name:



Address:

Connection Idea:

Name:



Address:

Connection Idea:

Name:



Address:

Connection Idea:

Name:



Address:

Connection Idea:

Christmas Menu Ideas & Inspiration

Whether you're a foodie or not, planning a festive menu can be fun & fulfilling! It's the perfect excuse to indulge in treasured treats, family favourites & quality ingredients... just be sure to include some nourishing options too!

What would I love to have on the menu this year?

A series of horizontal dotted lines for writing notes.

Menu Plan

Now that you've brainstormed your ideal dishes or worked out who's bringing what, finalise your menu below to make sure nothing is missed!

Canapés, entrées & drinks

A series of horizontal dotted lines for writing the menu plan.

celebrate

Let us count our joys and celebrate the precious people who touch the heart and warm the soul



Mains

Lined writing area for Mains, consisting of 20 horizontal dotted lines.

Sides

Lined writing area for Sides, consisting of 10 horizontal dotted lines.

Desserts

Lined writing area for Desserts, consisting of 10 horizontal dotted lines.



Shopping List - Fresh

A series of 20 horizontal dotted lines for writing, with a small pink heart icon positioned to the right of each line.

Shopping List - Pantry

A series of 20 horizontal dotted lines for writing, with a small pink heart icon positioned to the right of each line.



Christmas Eve Day Planner

Morning can't wait to-do's!

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



Strive for peace, not perfection

Afternoon can't wait to-do's!

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



Evening can't wait to-do's!

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



Find the fun in every moment of the day

Notes / Reminders

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



Christmas Day Planner

Morning can't wait to-do's!

Dotted lines for writing morning to-do's.



Create a moment for yourself to breathe

Afternoon can't wait to-do's!

Dotted lines for writing afternoon to-do's.



Evening can't wait to-do's!

Dotted lines for writing evening to-do's.



Pause, look around & be grateful for the present moment

Notes / Reminders

Dotted lines for writing notes and reminders.



That's a Wrap!

Now that Christmas has been & gone for another year & you're enjoying the quiet lull before New Year's, it's a lovely time to reflect on the festive season that was.

So grab a plate of leftovers (or one final serve of Chrissy pudding!), pour yourself some eggnog & settle in for a short journaling session using our guided questions as prompts.

What brought you the most joy this festive season?

.....

.....

.....

.....

What new rituals or traditions did you try & how did these make you feel?

.....

.....

.....

.....

What worked beautifully this year?

.....

.....

.....

.....

What didn't quite go to plan?

.....

.....

.....

.....

Are there any learnings, improvements or new ideas you can take into next year?

.....

.....

.....

.....

What are you most excited for in the 2023 festive season?

.....

.....

.....

.....

Wishing you a Happy New Year & a sparkling start to 2023!



Share the love on social media.
We'd love to see your Christmas Planner in action!
Tag Intrinsic's Facebook or Instagram pages with
@theintrinsicway & **#theintrinsicway**
& be sure to follow us for more inspiration!

For personal use only. If you would
like to use this tool with your own community,
contact us at hello@intrinsiconline.com
for permissions & usage rights.
© Intrinsic Enterprises 2022