

## My More Meaningful Christmas Checklist

### Giving

- My giving list is planned.
- I've set a spending amount & I'm saving in advance instead of paying until April next year.
- I have considered options to traditional gifts.

### Socializing

- I know what is most important to me and I've placed those things on my calendar.
- I have considered the importance of including easily overlooked and complicated guests.
- I have rehearsed how to say an honest "yes" and an honest "no".

### Wise Effort

- I have a plan for decorating in a way that satisfies me without any overwhelm.
- I plan to balance holiday treats with simple healthy meals.
- I will gently adjust myself if I become impractical or disrespectful of myself or others.

### Peacefulness

- Reality happens. Some of what I envision won't take place. I gently release my expectations.
- I am ready to forgive what needs to be forgiven in myself and others throughout this holiday.
- I have a plan in place for feeding my soul this holiday.