Surviving the Holidays: What do you REALLY Want?

Things to Consider for Your Health, Wealth and Peace of Mind for the Holiday Season.

Circle the Yes if this might apply to you.

1. I want to have more fun and/or less stress. Yes
2. I want to avoid the last minute shopping crowds-or all the shopping crowds period. Yes
3. I want to set and keep within a budget for the holidays. Yes
4. I will be traveling this holiday season and seek traveling mercies and safety. Yes
5. I will need visiting mercies with certain in-laws, outlaws and situations... (TLC's) Yes
6. I want more time with family, friends and people dear to me. Yes
7. There are some things at holidays I need to stop tolerating. Yes
8. There are some things or traditions at holidays I really want to start, have or do. Yes
9. I want or need to communicate better. Yes
10. I want to have better relationships with family, friends and people at work. Yes
11. I want to have enough time to do everything without having to rush. Yes
12. I want or need to be more focused on what I need to do for the holidays. Yes

Name: Date:

Advance planning for the holidays can save you time, trouble and expense. Set a short daily planning meeting with yourself.

"Life is a series of events, if you don't control them, they control you." -Franklin-Covey Set a Daily Planning Time:

Fun things and traditions I want to do: When/Dates	People I want to see/get together: When/Dates

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Family, Friends, Teachers, Co-Workers — Bought, Baked and Hand-Made

Gifts for Who	What It Is	Budget $	Spent $
❑			
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	Totals		

Travel Plans Completed **Destination**

- ❑ Thanksgiving
- ❑ Christmas
- ❑ New Years
- ❑ Other
- ❑ Other

Folks/Situations for Tender Loving Care:

Plan, Coordinate and Communicate with:

- ❑
- ❑
- ❑
- ❑
- ❑
- ❑

Holiday Tolerations:	OK
	❑
	❑
	❑
	❑
	❑
	❑

Wishing You Stressless Holidays from Mack Arrington, Business and Personal Coach

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