

Honoring our Family Holiday Season 20__

What am I looking forward to ?

3 things I
want to
do

1.
2.
3.

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want to do

1.
2.
3.

3 things I
want to do

1.
2.
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1.
2.
3.

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want to do

1.
2.
3.

What calming soft low impact activities and ideas for the season?

Ritual or Rhythm for
this season new? Old?

What's a stress point?

How can I reduce it from
now?

What do you love about
this season?

Recall/doodle a memory
from last season

What's the most important thing
about this season?

