

Use this page to reflect on last year and think about what you want this year to look like.

→ What was stressful about last Christmas?

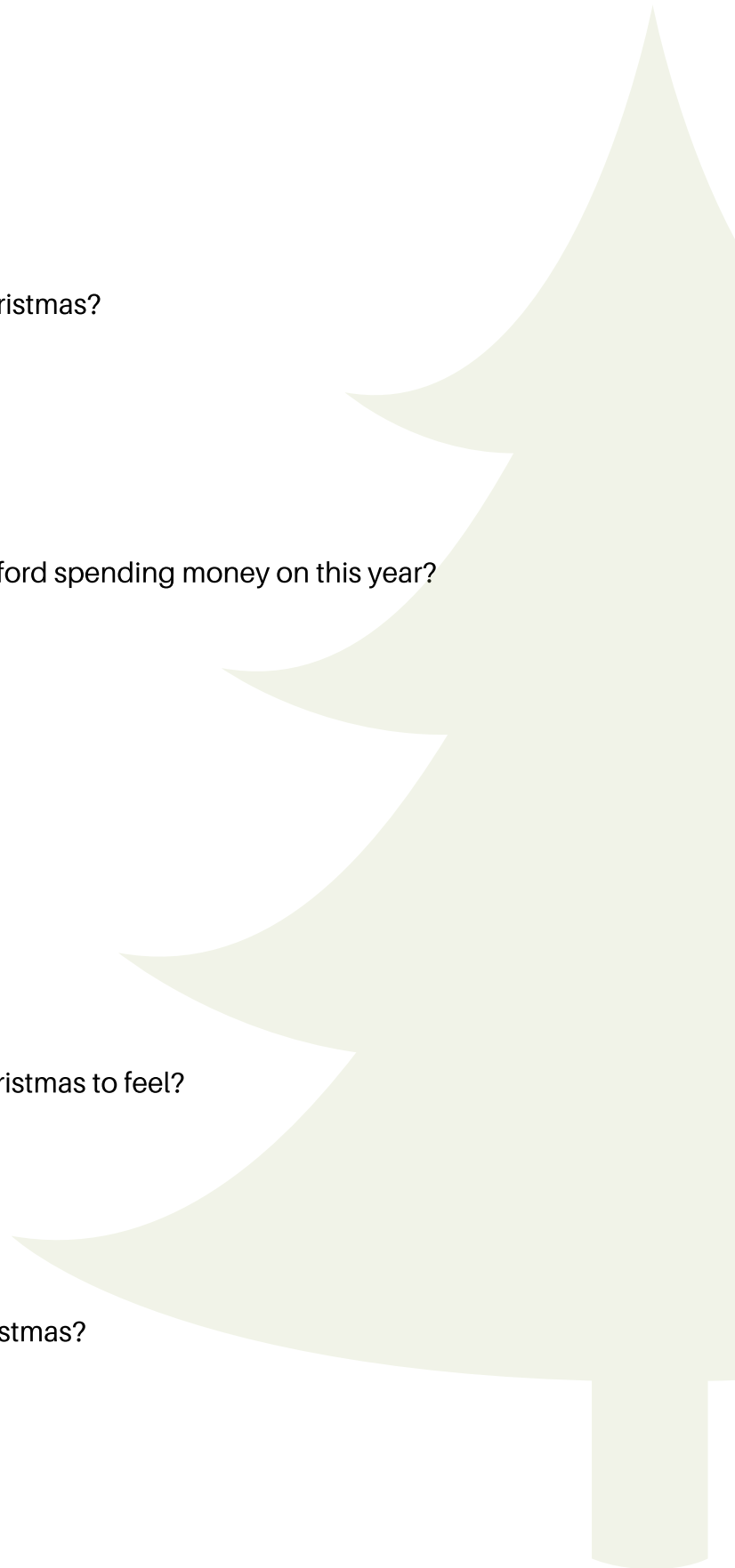
→ What are you not looking forward to this Christmas?

→ Is there anything that you know you can't afford spending money on this year?

→ What did you love about last year?

→ What words describe how you want this Christmas to feel?

→ What are your family's priorities for this Christmas?



**Use this page to make a list of things that you won't do this year. Give yourself permission to let go.**

