

# Creating Space for the Holidays

## PRIORITIES + INTENTIONS

What do you want to prioritize this season? What are your intentions that will guide you this season?

### Priorities

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### Intentions

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*gentle reminder:  
your priorities  
don't have to be  
based around  
what others expect  
of you!*

*ex: I intend to be  
more present for  
my kids – eye  
contact, listening,  
etc.*

## BOUNDARIES

What are things you've signed up for, emotionally, financially or tactically, that you'd rather say no to? If you can't say no, how might you change the commitment to align with what you can or want to give?

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## SETTING EXPECTATIONS

Of the list below, which things do you want to handle and which things can you outsource or delegate?

|       | Myself                   | Delegate                 |
|-------|--------------------------|--------------------------|
| ..... | <input type="checkbox"/> | <input type="checkbox"/> |
| ..... | <input type="checkbox"/> | <input type="checkbox"/> |
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## SELF CARE

What are three things - big or small - you need daily? Write them down with a plan on how you're going to make them happen for you.

1. ....
2. ....
3. ....

Share this with a friend or friends. Check in often to make sure you are holding each other accountable to making more room for you, this holiday season.



# Creating Space for the Holidays

## NAME THE TASKS

*When you can name it, you can manage it. Your holiday mental load might include:*

tasks

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tasks

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### SWAP

*Can I swap this for an easier option?*

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### SIMPLIFY

*Can I do a simpler version?*

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### SKIP

*What can we let go of entirely this year?*

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## GENTLE BOUNDARY PROMPTS

*"We're keeping things simple this year."*

*"That sounds so fun, but I'm at capacity."*

*"We're keeping our schedule light this season."*

*"We've decided to slow things down a bit."*

*"We're keeping our commitments minimal right now."*

*"We're keeping things easy for our family this year."*

*"We're keeping our days open as much as we can."*

*"We're trying to focus on home and downtime this season."*

*"I'm trying to keep things simple so I don't get overwhelmed."*



*remember, you don't owe anyone an explanation... and often, when we take care of ourselves and our families - we allow others to do the same*

