

Creating A Better Holiday

Many people look at a holiday like Thanksgiving or Christmas as a day they hope will pass quickly. But holidays can be fun and productive just like any other day when you plan activities that are meaningful to you. Whether you look at a holiday as a long stretch of lonely hours or as a day filled with stressful activities, you can plan positive activities for yourself that will make every holiday a day to look forward to rather than dread.

Begin by writing down activities that will make your holiday meaningful.

An activity that expresses my values:

An activity that always makes me smile:

An activity that relaxes me:

An activity that connects me with people I care about:

An activity that makes me think:

An activity I enjoy but I never have time for:

An activity that brings back wonderful memories:

A spiritual activity that makes me feel connected to a higher power:

An activity that is always fun:

Other activities that are meaningful:

Now on the chart below, fill in the time slots where you have known obligations. If you find that you have too many “unpleasant” obligations, consider whether you really must do these things for this amount of time and if you can make these difficult tasks a little more pleasant.

Now schedule at least two or three meaningful activities from the previous page. Choose activities that you are sure you can do and write them in the appropriate time slots. If possible, schedule one meaningful activity at the start of the day and another at the end of the day. Make a commitment to yourself to make this holiday, and every day of your life, as personally fulfilling as possible.

7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	
10pm	