

Holiday Activities Prioritizer

Activity or task	Must Do	Expected	Could Skip	I Dread It	I'm OK with It	It Brings Me Joy

1. Analyze your motivations

For each activity or task, ask WHY you need to do it. Why is it expected? By whom?

- Activity #1:
- Activity #2:

2. Analyze your feelings

For each activity or task, ask WHY it makes you feel a certain way. Why does it bring you joy? What is it about the activity you dread?

- Activity #1:
- Activity #2:

3. Compare your values

Do these reasons above help you achieve your life values and family priorities, or do they conflict with them?

- Activity #1:
- Activity #2:

4. Consider the consequences

For each activity you dread, consider the consequences of eliminating it. Might it be worth it to say NO?

- Activity #1:
- Activity #2:

5. Reevaluate your Priorities

Based on your answers to 1–4, rethink which activities are necessary and which aren't. Do your best to revise your holiday schedule so it will be more in line with your priorities and values.

- Activity #1 revised priority:
- Activity #2 revised priority:

6. Find more joy

If you can't eliminate tasks you dread, how can you make them easier? How can you add more of what brings you joy?

- Activity #1:
- Activity #2: