**Christmas Compass**

Values I **cherish** **most** about this holiday season:

(e.g. quiet time, giving, helping, celebrating Christ’s birth etc)

What **feelings** am I going for?

(e.g. calm, cosy, peaceful, connected etc)

**My plan** for enacting this: (what will you *do*?)

(e.g. retreat time, baking xyz, craft xyz) Is there anything I’m saying no to in order to say yes to the plan?

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| My self-care plan for these holidays more broadly: | My support people (include anything you want to tell or ask them to support your plan) |