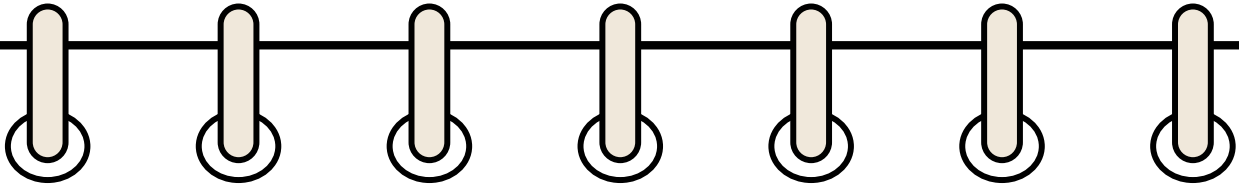




My Holiday Personal Inventory and Goals Assessment



Have you ever wondered if de-stressing the holidays was even possible? I have great news for you - it is! By taking the time to know our "loves" and our "limits," we can truly experience the wonder and peace of the seasons we celebrate this time of year.

1. My Personal Inventory - page 1

Answer the questions with as much detail as you are able. Some of them are similar but designed to help you see your experiences and feelings from a variety of angles.

2. My Goals for Peace this Holiday Season - page 2

Use what you learned in the inventory to write down your goals for this holiday season. Be specific and detailed. Some things will be out of your control, but use this as a set of parameters so that saying "yes" to other endeavors doesn't cause you to say "no" to your heart's desires for this season. Take time to come up with a personal or family mission statement for the holidays and keep it somewhere as a visible reminder of your holiday hopes.

3. My Checklist - page 3

Timelines, budgets, calendars and planning ahead are the stuff this section is made of. From placing orders to meal planning, make a detailed checklist to keep you on track for a holiday season in which "the peace that comes from Christ [may] rule in your hearts" (Colossians 3:15 NLT).



My Holiday Personal Inventory



My favorite things about the holidays are:

My least favorite things about the holidays are:

The contributing factors to my favorite holiday memories & experiences are:

My less-than-favorite holiday memories and experiences involved:

These activities & scenarios are life-giving to me during the holidays:

These activities/situations stress me out or drain me during the holidays:

Feelings of peace and joy round out my holidays when the following are a part of them:

I exit the holidays with feelings of regret, overwhelm or sadness when the following are a part of them:



My Goals for Peace this Holiday Season



My "must-have" experiences, activities and goals for this holiday season:

Experiences, activities and scenarios I aim to avoid this holiday season:

My personal/family mission statement for this holiday season:



