



HOLIDAY WELLNESS CHECKLIST FOR WOMEN IN THEIR SECOND ACT

SET YOUR HOLIDAY INTENTION WITH CLARITY

- Choose a guiding intention that reflects where you are now – peace, renewal, lightness, or connection.
- Ask yourself: What do I want less of this year? What do I want more of?
- Release past expectations (from family, tradition, or younger versions of you).

PROTECT YOUR PEACE AND EMOTIONAL WELL-BEING

- Identify emotional triggers and prepare gentle support for them.
- Say no with grace – without over-explaining.
- Allow space for memories, grief, or nostalgia.

CARE FOR YOUR BODY WITH KINDNESS

- Check in with how your body feels.
- Move in ways that support comfort: walking, stretching, dancing.
- Choose foods that nourish and comfort.

HONOR THE SHIFTS IN YOUR LIFE STAGE

- Acknowledge what's changed – adult children, blended families, aging parents, empty nests, or quieter traditions.
- Give yourself permission to design a holiday that fits your present life, not your past one.
- Let go of guilt around simplifying, downsizing, or changing the way you celebrate.

CREATE CONNECTION THAT TRULY FEEDS YOU

- Reach out to people who make you feel seen and valued.
- Plan one meaningful gathering.
- Allow yourself to start a new tradition.

CREATE A HOME THAT FEELS LIKE A SOFT PLACE TO LAND

- Decorate with pieces that hold meaning.
- Create one space just for you—a reading chair or quiet corner.
- Let your home reflect how you want to feel this season.





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GIVE WITH HEART AND INTENTION

- Shift from “buying gifts” to “honoring relationships.”
- Choose thoughtful gifts centered on memories or experiences.
- Set spending boundaries early.

MAKE SPACE FOR REFLECTION AND SPIRITUAL GROUNDING

- Ask: How have I grown? What am I ready to release?
- Practice gratitude naturally—spoken, written, or shared.
- Use rituals to ground yourself.

SUPPORT YOUR FUTURE, SECOND-ACT SELF

- Reduce holiday perfectionism.
- Schedule downtime the same way you schedule commitments.
- Carry one small spark of inspiration into the new year.

