

# SETTLED WITHIN *the holidays*

When we identify our values and use them to guide our lives, we experience more joy and fulfillment. Consider what you want your holiday experience to be like this year. When making decisions or holiday plans, check to see if they align with your values or fit in with this vision you have created. If not, seriously consider whether it is worth the trade-off. The more aligned we are with our values, the more settled within we become.

1. What is important to me?

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2. How do I want to feel this holiday season?

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3. What helps prevent overwhelm and frazzled chaos inside of me?

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4. Reflect on past holidays: When things have gone well, what did my family and I enjoy? What can I replicate? When there have been challenges, what added to the difficulty? How can I prevent or avoid this? What would be wise to accept? What would I like to leave out? Be specific.

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5. What do I want to be a focus for my family and my home this season?

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6. What three values capture the essence of this vision I have created?

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**SETTLED WITHIN**  
*the unsettled*

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