

HOW TO HAVE A *Hopeful Holiday*



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|--|------------------------------|---|--------------------------|
| Time to relax | See family members | Quality time with a specific person | No arguments |
| Time off work | Good food | Stay healthy | Travel |
| Have a party | Avoid spending holiday alone | Practice healthy eating and drinking habits | Give great gifts |
| Make things easy on older family members | Spend time with my pets | Have a spiritual holiday | Keep the holidays simple |
| | Spend time alone | Decorate beautifully | |



WHAT'S YOUR HOPE?

Some hopes are shown above, but you might have others. What are your top 3 hopes this year, from above or your own ideas?

1.

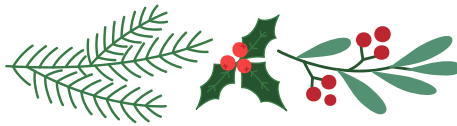
2.

3.

FILL YOUR HOLIDAY WITH HOPE

It's time to brainstorm! First, circle or highlight your biggest hope on page 1.

Next, use the holiday whiteboard below to write down as many ways as you can think of to make that hope a reality. No one has to see this, so get as crazy and creative as you want.



TAKE ACTION FOR A HOPE-FILLED HOLIDAY

Finally, pick three action steps that seem do-able. Write your hope on one of the cards below and write your action steps below it. Put the card where you will see it – on the refrigerator, by your computer screen, on the bathroom mirror. Take one of those action steps every day.



FEELING EXTRA HOPEFUL?

Choose another hope and write down three action steps. You can share Hope cards with friends or family members, too. Wishing you happy, hopeful holidays!

1. _____
2. _____
3. _____