

SEASON OF *self care*

awareness + REFLECTION

Consider the following questions and reflect, as much as you can on them. Write as much or as little as you need to. As you're recording your answers, remember to practice kindness towards yourself. What happened in the past has already happened, and whatever is happening now is okay.

the past

WHAT WAS LAST YEAR'S HOLIDAY SEASON LIKE?

WHAT DID YOU LIKE ABOUT IT?

WHAT DIDN'T YOU LIKE ABOUT IT?

WHAT DID IT FEEL LIKE?

***awareness* + REFLECTION**

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the present

HOW ARE YOU FEELING RIGHT NOW?

ARE YOU WORKING THROUGH ANYTHING RIGHT NOW? (I.E. HEALTH RELATED, MENTAL OR EMOTIONAL HEALTH, LIFE EVENTS OR CHANGES)

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the future

WHAT'S COMING UP THIS HOLIDAY SEASON (EVENTS, TRIPS, ETC)?

WHAT ARE NON-NEGOTIABLE THINGS THIS HOLIDAY SEASON (CONFIRMED/ANNUAL COMMITMENTS, TRADITIONS, EVENTS, ETC)?

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the future

WHAT DO YOU HAVE CONTROL OVER?

HOW DO YOU WANT TO FEEL THIS SEASON?