

HOLIDAY REFLECTION PROMPTS

What part of the holiday season feels most **meaningful** to me right now?

What **expectation** about Christmas can I *let go* of?

Where did I say **yes** when I really wanted to say **no**?

What **boundary** would make the rest of the holiday season easier?

When did I feel most like **myself** today?

What **emotion** has been showing up most often this week?

What do I need **more** of during this holiday season?

