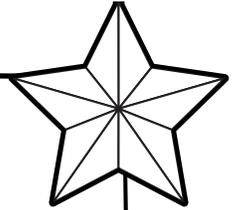


# KNOW YOUR WHY

## Holiday Reflection Guide

@CBTCenterofCentralNJ



Use this worksheet to explore **why** you are doing what you are doing during the holiday season.

Then, use it as a compass to guide your choices during this time.

When you inevitably go off course, come back to your notes to reset and start again!

### VALUES

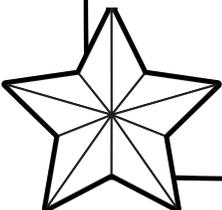
**What are your family values?**

(things that matter most/how you want to "show up" in the world)

### TOWARDS MOVES

**What are examples of "towards moves" for your family?**

(actions that move you closer towards the things that matter most to you)



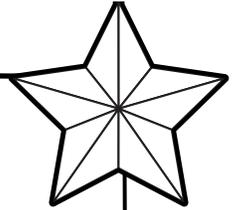
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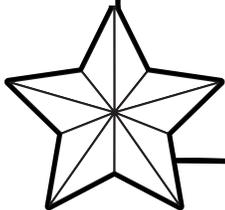
### TIME TRAVEL

Take a moment and imagine your children as adults... You overhear them reflecting on their childhoods and this time of year. What do you want to hear? For example, "The holidays were \_\_\_\_\_ because \_\_\_\_\_. " **What impression do you want to leave with your children?**



### KID'S NEEDS

What are your kids' unique needs? (For instance, more or less stimulation, more or less structure, familiarity or novelty?) **How can you take each kid's needs into account during this season?**

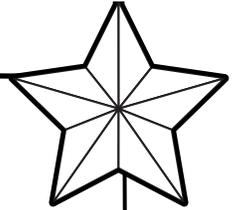


# KNOW YOUR WHY

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### EMOTIONS

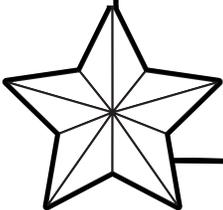


What emotions do you notice the holiday season stirs up? There are often a variety of, sometimes conflicting, emotions- excitement, anxiety, joy, sadness, hope, frustration....

**What can you do to honor ALL of your emotions?**

### BREAKS

**What are your signs that you need a break?** What are each of your kids' signs that they need a break? What about others in your family? How can you honor your limits? **How do you/they recharge?**



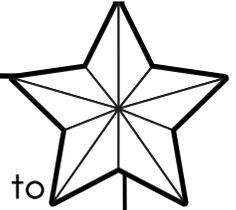
# KNOW YOUR WHY

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### MUST DOS

**What are YOUR seasonal must-dos?!** What do you WANT to do? What gives brings you joy, provides meaning? How do you want to spend your time? How do you want to spend your money? Who will you make time for?



### WALK YOUR WHY

Take a moment and look back over you answers. Ask yourself, "**What is MY why?**" What decisions would best serve your family this holiday season? What do you say yes to? What do you turn down to better align with your values? **What can you do to make this holiday season a "success" for YOUR family?**

