



Make A Plan

For Getting Through the Holidays



Make a List of Things that Normally Need to Get Done

Like shopping, card buying/writing/ mailing, cooking, decorating, visiting family, wrapping, holiday specific chores

Do I Feel Like Doing it ?

Can I Skip it This Year? Why or Why Not?

Can someone do it for me? Or help me get it done?

*If I feel I **NEED** to do it, **WHY** do I need to do it?*

Can anything make a task or obligation easier?

How can I bring the memory of my beloved into our traditions?

List Things Your Family Does Traditionally

Holiday Dinners, Visits, Trips, Special Traditions, Opening Presents, Lights/Sightseeing, that kind of stuff

What new traditions can I create to honor my beloved's memory and our love?