



December 3-step

Use this exercise to help you set your priorities during December.

3 foods I want to avoid:

3 foods I absolutely want to make sure I have:

3 gatherings that I really want to be a part of:

3 gatherings that I wouldn't care if I missed:

3 wonderful December memories:

3 not-so-hot December memories:

3 ways of celebrating that I enjoy (community/society):

3 ways of celebrating that irritate me (community/society):

3 personal/ family traditions that I love:

3 personal/family traditions that I could do without:

3 people I love giving gifts to:

3 people who "I don't know why they are on my list":

3 things I love:

3 reasons I'm sad:

3 things I'm really, really grateful for:

3 things I'm determined to do differently this year:

3 things I want to ask for: