

Print this neat, groovy exercise and share with others
Remember to [Join our Webinar](#) on December 12, 2012, at 12:00 CST



Holiday Hassle

OR



Holiday Uplift

Are you **"Making a list and checking it twice?"** OR Are you **"Making two lists and getting the good stuff?"**

Consider the two lists below. On the LEFT are potential holiday stressors. On the RIGHT are potential positive uplifts or "gifts." What are your chances for experiencing the STRESSORS? What are your chances for experiencing the GIFTS?

INSTRUCTIONS: Print this page out. (1) From both lists below, check all those that you think you will likely experience. (2) Then cross-out those from the STRESSORS that you will not allow yourself to experience or that you will take steps to manage if they become stressful. (3) Finally, put a circle around those items on the GIFT list that you will focus on making a positive experience. (4) Post this list out and review it every day to keep your focus on the positive.

Stressors	Gifts
<input type="checkbox"/> Preparing for Holiday activities	<input type="checkbox"/> Preparing for Holiday activities
<input type="checkbox"/> Family Conflicts or Tensions	<input type="checkbox"/> Family Get-Togethers, Meals
<input type="checkbox"/> Family Activities (get-togethers, meals)	<input type="checkbox"/> Shopping
<input type="checkbox"/> Expectations and Obligations	<input type="checkbox"/> Gift Giving and Receiving
<input type="checkbox"/> Money	<input type="checkbox"/> Food and Drink
<input type="checkbox"/> Shopping	<input type="checkbox"/> Festivity
<input type="checkbox"/> Commercialism	<input type="checkbox"/> Religious or Spiritual Celebration
<input type="checkbox"/> Overeating	<input type="checkbox"/> Travel
<input type="checkbox"/> Too much alcohol	<input type="checkbox"/> Opportunity to Connect
<input type="checkbox"/> Travel	<input type="checkbox"/> Rekindle Spirit and Friendship
<input type="checkbox"/> Juggling Work with Holiday	<input type="checkbox"/> Needed Break or Vacation
<input type="checkbox"/> Anniversary (negative reminder)	<input type="checkbox"/> Enjoy Winter Weather
<input type="checkbox"/> Dealing with short days (less sunlight)	<input type="checkbox"/> Anniversary (positive reminder)
<input type="checkbox"/> Unresolved Conflict	<input type="checkbox"/> Music of the Season
<input type="checkbox"/> Religious Stuff	<input type="checkbox"/> Starting off on a new foot
<input type="checkbox"/> Change	<input type="checkbox"/> Charity work or volunteering
<input type="checkbox"/> Unresolved Grief or Lingering Sadness	<input type="checkbox"/> A sense of Hope, Joy, and Renewal

Manage the Negative

Focus on the Positive