



## Creating Clarity

**Instructions:** In the column on the left, make a list of the things that you don't like or want to experience this holiday. Now, read through the list and in the column on the right list the opposite of what you don't want, listing it in a positive way, stating what you desire- including how you want to feel. Next complete the title, My Ideal \_\_\_\_\_ ie, Holiday Note: You can create a separate clarity list for any of the individual activities, interactions, parties, spending, etc. related to the season. **Read this list daily.**

<b>What I don't Want</b>	<b>What I Do Want</b>
	<b>My Ideal:</b> _____