

Create Your Holiday, Your Way
Holiday Values- What am I choosing to Celebrate?

Instructions: Read through the following statements. 1) Cross out the ones that have no importance to you
2) Add statements that are not listed that are important to you. 3) Rank the remaining statements-put a 1 by the statement that is the most important, 2 by the next important continuing until each statement has been rank. 4) Create a visual reminder or display, using your most important value statement as an affirmation. Use post-its or write your statement on a sheet of paper and post it where you can see it each day during the Season. **Please note:** Do not rank the statements based on your past practices, but what you would like to experience this holiday season.

Rank

- This holiday is a time to create peace with my family and in the world
- This holiday is a time to spend with my immediate family
- This holiday is a time to reunite and strenghten the bonds with my relatives
- This holiday is a time to celebrate the spiritual meaning of the season
- This holiday is a time to create a festive, beautiful home environment
- This holiday is a time to exchange gifts with my family and friends
- This holiday is a time to remember and help those who are less fotunate
- This holiday is a time to be active in my spiritual community
- This holiday is a time to celebrate and entertain with my family and friends
- This holiday is a time to be relaxed and renewed
- This holiday is a time to _____
- This holiday is a time to _____

My Most Important Value Statement: _____

Questions for Reflection: (Record the answers to these in your holiday journal)

1. Do you have any competing values, ie you have a higher value on one thing, but spend most of your time on something of lesser value?
2. Did you have a hard time choosing between value statements? Why?
3. Were you surprised by anything in this exercise? What was it?
4. If you were to do this exercise based on what you spent your time on last holiday would it be any different? How?
5. What have you learned about yourself from this exercise?