



# CHRISTMAS PLANNER



## My intention for this Christmas

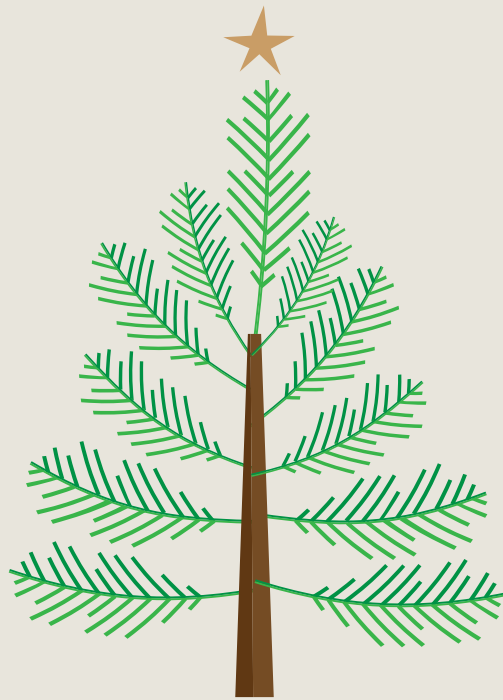
*(What is important to you about Christmas? How do you want to feel or show up at this time of year?)*

## 3 affirmations that will calm & inspire me

1.

2.

3.



## To maintain self-care I will:

**STOP** doing:

**START** doing:

**KEEP** doing:

## My top 3 priorities this month:

1.

2.

3.

## Total Christmas Budget:

**Things I need to buy (& how much I have to spend on each item):**

## Fun activities to do over Christmas

## Key Tasks

What needs to be done?

Who is going to do it?

By when?