

Journey to Wellness — A free self-guided healthy living program

Healthy holiday boundaries

Setting boundaries is good for your health. During the busyness and stress of the holiday season, living within the boundaries you set for yourself is important.

Complete this worksheet to help you stay on track this holiday season.

What brings me joy during the holidays? _____

What are my priorities for this holiday season? _____

What are my expectations for this holiday season? _____

What has caused me stress in past holiday seasons that I can avoid this year? _____

What is my total holiday budget (consider extra food and beverages, gifts, parties, clothing, travel, etc.): _____

| WEEKLY CHECK-IN | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Did you stick to your budget this week? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do the events you scheduled bring you joy and align with your priorities? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Did you make time to workout or meditate a few times this week? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Did you eat a few healthy meals each day this week? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Did you take a break from the holiday hustle this week? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Print this sheet or save it to your desktop for digital tracking.

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