

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.