

WEEK 44 of #YOUR2024STORY

Journal Prompt: *Balancing Holiday Priorities with Wellness & Personal Values*

Journal Prompts:

- 1. What are the top three aspects of the holiday season that bring me the most joy and fulfillment?*
- 2. How do these aspects align with my personal values and wellness goals?*
- 3. In what ways have I struggled to maintain my wellness journey during past holiday seasons?*
- 4. What strategies can I implement to honor my holiday priorities while staying committed to my wellness?*
- 5. Are there any holiday traditions that no longer serve me or align with my values? How can I respectfully modify or let go of these?*
- 6. How can I create new holiday traditions that better reflect my current priorities and wellness journey?*
- 7. In what ways can I practice self-care and maintain boundaries during the holiday season?*
- 8. How can I communicate my wellness goals and priorities to friends and family during holiday gatherings?*
- 9. What small, daily actions can I take to stay grounded in my values throughout the holiday season?*
- 10. How can I find balance between indulgence and moderation during holiday celebrations?*
- 11. What are some non-food related ways I can celebrate and connect with loved ones during the holidays?*
- 12. How can I incorporate movement and exercise into my holiday routines in a way that feels joyful and sustainable?*
- 13. What mindfulness practices can I use to stay present and appreciate the meaningful moments of the season?*
- 14. How can I show gratitude for the important aspects of the holiday season while staying true to my personal growth?*
- 15. What would a successful holiday season look like to me, considering both my cherished traditions and my wellness journey?*

As we prepare for the holiday season, let's approach it with mindfulness, embracing the traditions that bring us joy and crafting new ones that reflect our journey's growth.