

v. New Year's Eve

vi. New Year's Day

II. **Prioritize what matters most**

- a. What are the two or three things that *must definitely* be present in this season for it to be a successful and satisfying time of year for you?

- b. *If you are married*, then ask your spouse what things must definitely be present for them...and then massage all these goals into a single set that works for both of you.

- c. What actions of yours will best facilitate your most authentic inner state this holiday season?

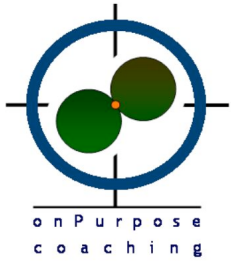
- d. What actions of yours will best facilitate your goals for outward celebration this holiday season?

III. **Requests for this week**

- a. Place the things that are most important to you on the calendar **now!** Holiday parties, recitals, plays, church services, family trips, making cookies, decorating the tree, helping with the soup kitchen, neighborhood gatherings...the things you can't live without this season, place them in priority position on your calendar.

- b. If your priorities involve the *lack* of activities, then let your calendar protect that agenda as well...perhaps by blocking out certain days or times for family or solitude.

- c. Self-requests?



WEEK TWO: Weeding out the Competition

November 18

I. **Checking in**

- a. Last week's wins:

- b. Last week's unfinished goals:

- c. This week's challenges:

- d. Today's thanksgiving:

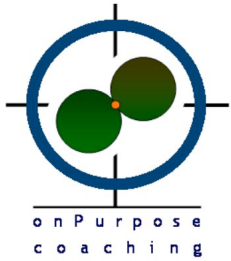
II. **Clarify what you really *don't want!***

- a. What dynamics or activities created past holiday experiences that were stressful, disappointing, or less than satisfying?

- b. What things have the potential to sabotage the priorities you established last week?

- c. What expectations do you tend to take on from other people?

- d. What expectations do you tend to place upon yourself that wind up being destructive in your soul?



III. Establish a fence around what's important

- a. What boundaries might you set up to keep potential detractions out of your holidays?

- b. How might you keep yourself from undermining your own goals in the weeks ahead?

IV. Position yourself for purpose

- a. How does God want to bless you during the holidays?

- b. What people do you want to bless during the holidays?

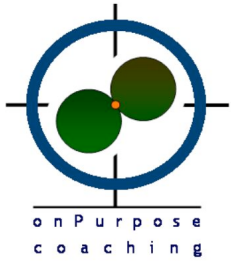
- c. How will you nurture and protect your soul during this time?

IV. Requests for this week

- a. Do one specific action this week to set boundaries against counter-purposeful threats to your holidays.

- b. Do one specific action this week to position yourself for purpose.

- c. Self-requests?



IV. Position yourself for joy!

- a. How can you determine to *not* allow missed opportunities to rob you of present joys?

- b. How will you identify and savor unexpected blessings of the season?

- c. How will you focus yourself upon creating joy for those you love most this month?

V. Requests for this week

- a. Do one specific action this week to create or strengthen a purposeful alliance.

- b. Do one specific action this week to position yourself for joy.

- c. Self-requests?