

## Holiday Happiness Plan

Year:

My Personal ***Definition of Happiness*** (see Chapter 1 of *BeHappy!* or go to [BeHappy101.com](http://BeHappy101.com) to get a primer on creating your *Definition* if you haven't already):

**Priorities** for this holiday season:

- 1.
- 2.
- 3.
- 4.
- 5.

Things that have caused **stress and anxiety** during past holiday seasons:

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**Ways to avoid those things this year:**

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**Ways to minimize stress** (stress management techniques like meditation, exercise, relaxation time, etc.):

**Exercise plan** (include days you will exercise from now through January 1<sup>st</sup>):

**Eating Plan** (write out a list of foods you will eat and ones you will avoid, and create a basic menu of meals you will eat on a regular basis):

**Party Plan** (how many parties – and which ones – will you attend this year, and which will you have to politely decline?):

**Home Plan** (if you typically entertain at your home one or more times during the holidays, write down the days you will commit to this and include the overall way it will be handled – like cooking versus catering versus everyone bringing something):

**Work Plan** (include any days you will take off from work to either prepare or enjoy the holidays):

**Travel Plan** (write down your travel commitments for the holidays and make sure to organize your schedule with everything in the rest of the plan):

**Miscellaneous Activities and Commitments** (include things not included previously – like school functions, religious services, etc.):