



## *Playsheet to Prepare (Internally) for the Holidays*

### **1. What are You Celebrating?**

Sit quietly and think about the holidays: Thanksgiving, Christmas, Hannukah, New Year...

What do they mean to you deep down?

Think of the best holidays from your childhood, and from more recent years.

What did these celebrations have in common? What meaning do they hold for you in your Heart & Soul?

What values and intentions do you want to foster through this time of year?

---

---

---

---

---

*This is your Touchstone.*

*Make a visual you can post on your Desktop, tuck in your wallet, stick on the bathroom mirror – whatever you need to remind yourself daily for the next 4 weeks as you shop and visit and eat.*

### **2. Yes or No?**

Take a moment to sit and get centred. Draw your awareness into your torso – your heart-space.

Think of something that you really want, that you really love, that you would say Yes! to without hesitation.

What does that feel like in your body? What sensations does it stir up for you? That's your Yes.

---

---

Now, think of something that you really don't like, something you have to do, but can't bring yourself to. What makes you say No! with every fibre of your being?

How does that feel? What sensations does it bring up? That's your No.

---

---

*Use these sensations to give you permission when faced with any choice you need to make through the holidays.*



