

post-holiday debriefing

After the holiday, use this debriefing worksheet to record the highs and lows of the season just past. Stored in your Christmas planner, it'll guide you toward more satisfying, less stressful holidays next year!

1. What worked this holiday season? What changes did you make to create simpler, less stressful celebrations?

2. What was the worst aspect of preparing for the holidays this year? How can you avoid the problem in the future?

3. Were you satisfied with your family's level of giving and/or spiritual observances? How could next year's holidays more closely reflect your family's values?

4. How well did your household function this year? Were you calm and cozy, or stressed and strung out? What improvements could be made for next year?

5. Honesty time: how did your holidays go? Did you experience the magic, the expectancy, the sparkle of the season? If not, what changes could you make to recapture the joy next season?
