

Wellbeing Holiday Kickoff – A Nourishing Holiday by Design

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1.

•This holiday season, what am I truly hungry for? Come January, what do I need to feel 'full' physically, emotionally spiritually?

2.

•This holiday season, my prayer or wish is:

3.

- Draw a doodle of your torso and head at the bottom of a piece of paper.
- Now illustrate everything that is currently weighing on your "shoulders". Just take an inventory of what you're carrying.

4.

•Take a moment to reflect on what you see in your doodle. Any surprises? What's the heaviest? Anything you can put down right off the bat? Anything you've been carrying for over a year? Anything you want to put down but aren't sure how? Simply reflect.

5.

•What is one simple thing you can do to care for yourself & fill your bucket? (*Hint - how do you want to feel & what is one reliable thing that helps you to cultivate that feeling?*)