



Own Your Holiday Experience



Workbook & Guide

Workshop Purpose

Take control of our holiday experience for a season filled with more joy, peace, and connection.

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"Happiness is not something ready-made. It comes from your own actions." – Dalai Lama

"Happiness Isn't A Feeling. It's a skill everyone can develop." - Arthur C. Brooks, Harvard Professor

STEP 1:

What is your happy holiday experience?

What does your happy holiday experience look like?

How does it feel?

Who do YOU want to be during the holidays?

How do you want to show up? With what values or qualities (see next page for ideas)?

What beliefs do you want to hold?

How will you contribute to the holiday spirit?

EXAMPLES OF QUALITIES/VALUES

Abundant	Gracious	Persistence
Adventurous	Grateful	Playful
Authentic	Growing	Poised
Balanced	Guided	Powerful
Beautiful	Happy	Present
Blessed	Harmonious	Purposeful
Bold	Healer	Quantum
Brave	Healthy	Radiant
Calm	Heart-centered	Relaxed
Caring	Helpful	Reliable
Clear	Holy	Resilient
Committed	Honorable	Resourceful
Compassionate	Humble	Respectful
Competent	Humorous	Responsible
Connected	In Service	Secure
Courageous	In Integrity	Self-aware
Creative	Inclusive	Sense of beauty
Curious	Ingenious	Sense of wonder
Determined	Integrated	Spirit-led
Disciplined	Intelligent	Spiritual
Divine	Joyful	Spontaneous
Dream-filled	Just	Strong
Dynamic	Kind	Surrendered
Eager	Leader	Teacher
Enthusiastic	Learner	Tender
Empathetic	Listener	Trustworthy
Evolved	Loving	Understanding
Exciting	Motivated	Unique
Expressive	Magnificent	Unlimited
Fair	Musical	Valuable
Faith-filled	Mystical	Visionary
Fearless	Noble	Vivacious
Free	Nurturing	Whole
Friendly	The One	Wise
Fulfilled	Open	Wonder-filled
Fun-loving	Passionate	Youthful
Generous	Peaceful	Zealous
Grace-filled	Persevering	

STEP 2:

What derails your happy holiday experience? (page 1)

Name a challenging holiday situation from the past and describe it briefly. Circle the things that are story vs. fact.

How did I react?

What feelings came up for me during the situation?

What beliefs were behind the feeling?

What was the result/outcome of the situation?

Did the experience have any roots in a life or relationship pattern?

STEP 2:

What derails your happy holiday experience? (page 2)

What was I not in charge of during this situation

What was I in charge of in this situation?

EXAMPLES OF FEELINGS

sad	hurt	anxious
angry	disappointed	aggravated
lonely	scared/ afraid/frightened	dismayed
embarrassed	humiliated	animosity
irritated/frustrated	resentful	appalled
beat	alienated	anguish
burnt out	apathetic	devastated
depleted	bored	irked
exhausted	detached	grief
weary	numb	heartbroken
agitated	removed	regretful
aloof	uninterested	remorseful
alarmed	depressed	ashamed
cold	dejected	chagrined
disconcerted	disappointed	flustered
disturbed	disheartened	guilty
rattled	gloomy	mortified
troubled	melancholy	self-conscious
fragile	ambivalent	envious
guarded	baffled	jealous
helpless	dazed	longing
insecure	lost	nostalgic
reserved	torn	wistful

EXAMPLES OF SHADOW BELIEFS

There's not enough
I'm not enough/I'm inadequate
I'm not wanted
I'm not loved
I'm powerless/helpless
I fear the situation or outcome

STEP 3:

Building a game plan to stay the course of a happy holiday



Own Your Holiday Experience

How do you want to show up in that same situation?

What would showing up like that look like?

What can you be grateful for?

How will I respond to my trigger?

What does LET THEM and LET ME look like - what will you say and do?

What beliefs and values will ground you?

STEP 4:

Reflecting After the fact



Own Your Holiday Experience

What wins can I celebrate about how i showed up and how I responded?

Where are places I can fine-tune my response?

Does my game plan need refining?

STEP 5:

Creating the holiday experience I want for myself - LET ME be proactive!

What experiences would I like to create for myself and others?

Specifically how will i do that?

What do I need to overcome in order to do those things?

What support from others would help me?

How will those make me feel?

How will it make others feel?