

A quiet CHRISTMAS

□ WRAP GIFTS IN NEWS PAPER OR RECYCLED SHOPPING BAGS

□ GO ON A WALK AT SUNSET. 

□ CHOOSE A XMAS EMAIL
+ LESS STRESSWORK
OVER CARDS + LATE NIGHTS
ADDRESSING ENVELOPES



□ BUILD A
SNOWMAN
(OR SAND MAN!)

* * □ COLOR
THIS
PAGE

□ HAVE A SNOWBALL
FIGHT... ROLLED UP *
SOCKS OR PILLOWS
WORK TOO! GO CRAZY!

□ READ ANN VOSKAMP'S *
THE GREATEST GIFT

* □ TAKE A FAMILY MEMBER ON A
COFFEE DATE INSTEAD OF BUYING
A PHYSICAL GIFT

□ MAKE HOT COCOA + WATCH THE POLAR
EXPRESS IN PAJAMAS

□ ADD A SPLASH
OF CINNOMON WHISKEY



□ HAVE A SLEEPOVER
IN THE LIVING ROOM

□ CHOOSE TO NOT SPEND ANY
MONEY FOR ONE WHOLE DAY

□ LIGHT CANDLES AND
PRACTICE 30 MINUTES OF
A SILENT MORNING



* □ GO TO A CANDLE
LIGHT SERVICE
OR CAROL SING

* □ READ A XMAS STORY *
OUTLOUD

□ RESIST GUILT + ORDER PIZZA ONE NIGHT *
OR THREE!

□ WRITE A LETTER OF
ENCOURAGEMENT TO
SOMEONE

