

For Personal Reflection...

I am happy and productive over the holidays, and I feel fulfilled.

I thrive in the stress of the holiday season. **I remain productive and happy during the hustle and bustle of the holidays.** I get a sense of fulfillment through spending time with family and friends.

I feel fulfilled by helping others in need during the holidays. There are always ways in which I can be productive all throughout the year.

During the holiday season I accomplish a lot. I work to make my home welcoming to others. Holiday blues are absent from my routine. Stress and sadness are replaced by peace and joy that follow me around throughout the holiday season. **My holidays are filled with love and light.** I give that love and light to others.

Being productive throughout every holiday is a goal I have for myself. I meet this goal easily, because being productive gives me a sense of fulfillment. I enjoy working and doing things for myself and for others. **No matter what holiday challenges come my way, I remain at peace and respond effectively.**

Every holiday is different. It's exciting to see what each holiday brings. There are always new and interesting things I can do around these



special times. I stay interested in all the great things in life. Learning is a fun and enjoyable process that keeps me fulfilled throughout the holiday season.

Because I learn, I continue to grow.

Today, I am fulfilled, joyful, and happy that the holidays are here.

Self-Reflection Questions:

1. How can I remain more productive over the holidays?
2. What can I do to stay happy and joyful through the holiday season?
3. Are there things I can do to feel more fulfilled?



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