

MY INTENTIONAL HOLIDAY ACTIVITIES LIST:

ACTIVITIES, EVENTS, AND TRADITIONS THAT WE LOVE:

ACTIVITIES, EVENTS, AND TRADITIONS THAT DONT SERVE OUR INTENTION:

hint: do these ones! ↗

MY INTENTIONAL HOLIDAY ATTITUDE

THIS IS HOW I AM GOING TO SHOW UP THIS HOLIDAY SEASON:

“The things that matter most this holiday season are not things at all. What matters is the time spent with those we love and memories created through the simple experiences that we bring into our life by saying no to the things that don’t serve us.

The less we choose, the more we’re able to focus on it. The less we choose, the more energy we can bring to it.

We don’t have to do it all. We simply get to do what we want to do according to the intention that we have for the season.”

-Miranda Anderson
Live Free Creative Podcast Episode 66