



Creating Your Holiday To-Don't List

by Sandy Cooper

The Balanced MomCast

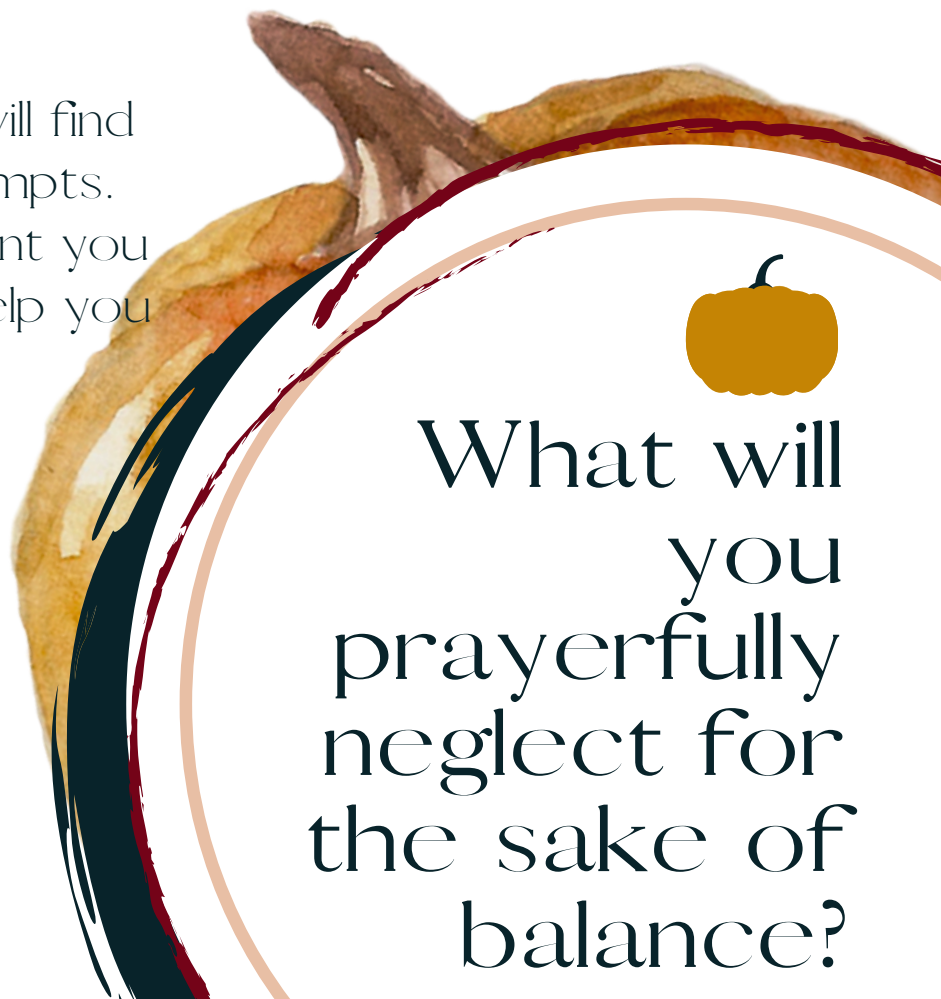
introduction



If you struggle with balance on a regular day, the holiday season with all its obligations and expectations can send you into complete and utter chaos. What is aggressively marketed as the most wonderful time of the year feels more like stress and debt and five pounds of fat around your midsection.

We can change that. On these pages, you will find a series of journal prompts. Before you begin, I want you to pray. Ask God to help you honestly answer these questions.

As you respond, take the time to be specific and thorough.



What will
you
prayerfully
neglect for
the sake of
balance?



What am I excited about/looking forward to?

What are my kids/spouse looking forward to?

(Ask them! You may be surprised.)

This is the day that the Lord has made



What are my favorite, most meaningful family traditions that I refuse to give up and will guard with my life?

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Teach us to number our days aright



What worked well last year (2022)?

What did not work well last year?

make it your ambition to lead a quiet life



What am I dreading/what brings me the most stress when I think about it?

What traditions or practices am I holding onto out of obligation? To whom do I feel obligated and why?

everything is permissible but not everything is beneficial



If I could name one thing that I wish I did not have to do over the holidays, what would it be?

Can I stop doing that thing this year? If no, why not? What is the worst thing that would happen if I stop?

Is there one thing I can prayerfully neglect this year for the sake of balance?

make it your ambition to lead a quiet life



My Holiday To-Don't List

This year, I will not...

Balance requires prayerful neglect