

⌘ *Stressing to Blessing* ⌘

The holidays can cause stress in many ways. Please take the time to reflect honestly and write some of your thoughts. You will not be asked to share them with anyone. By the end of the session, you will have more clarity about what stresses you, what blesses you and how you'd like to spend this holiday season.

1. During the holidays what makes you feel stressed out?
2. What is your heart's desire for the holidays?
3. During the holidays, how do you spend your time and energy?
Are you happy about what you have been doing? If not, please list two things you'd like to change.
4. What is your heart telling you about how you would like to spend your time, energy and money? How does this conflict with or agree with the expectations of others?

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