

CULTIVATE CHEER

This season, we want to challenge you to Cultivate Cheer in your life and spend the holidays differently!

Use this goal setter to help you organize your holiday season and think through a few things:

- What are ways I can give back this season? This may be donating your time, money, or other.
- Who can I encourage? Who in your life can you spend time with?
- What am I grateful for and how can I show that gratitude? It's so important to reflect on what is in your life that you are grateful for! Spend a few minutes reflecting on this.
- What can be different this season? We often get stuck in traditions that may or may not be helpful for us. Are we overcommitting, trying to please others, spending beyond our limits, all to meet some ideal?
- Places I want to support this season. Think of local places, small businesses, fair trade, or BIPOC businesses you can support when you do buy presents! Buy giftcards to local restaurants or experiences such as museums, zoos, etc. Not only are you supporting these local businesses, but giving the gift of experience vs. things for children, families etc., and hopefully helping to create memories!

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**WAYS I WANT TO GIVE
BACK THIS SEASON**

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WHO CAN I ENCOURAGE?

WHAT AM I GRATEFUL FOR

**WHAT CAN BE DIFFERENT
THIS SEASON?**

PLACES I WANT TO SUPPORT
