Holiday Self Care Routine Plan

A gentle holiday reset: rest, boundaries. This printable is not a substitute for professional help.

MY HOLIDAY SELF CARE ROUTINE

When will I rest this week?

What can I say no to without guilt?

Which evening this week is fully mine?

What fills my cup this season?

What is one small thing I will do just for me?

Cozy Habits for December

Slow morning

Phone-free hour

Warm drink ritual

Early night

Short walk outside

One kind no

Boundaries and Support

Who can I ask for help this week?

What drained me at gatherings?

What felt good, and why?

What will I do differently next week?