

# Intentional Holiday Traditions



With the holidays just around the corner, have you thought about how you will be intentional with your celebrations and traditions this year?

Bringing little or big traditions into your life can sprinkle your holiday season with a sense of purpose and fun. Being intentional about which traditions you choose to participate in this year can add excitement and meaning to your holiday celebrations! Continue reading for suggestions as you look to create or refine your traditions.

## Refine

First think through your current traditions. Which do you look forward to because they connect you to people or memories you love? Which are you ready to let go of because they are a burden, stressful, or no longer fit into your life phase? Fill out the prompts below:

### Traditions to Keep

*What activities bring you joy and create memories with those you love?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Traditions to Stop

*If a family tradition no longer fits into your life, don't force the activity. Instead focus on appreciating those memories and creating new ones in your current phase of life.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Expand

Now that you've identified traditions that will add value to your holidays, think about how you can expand on them to make them more meaningful. Are there other things you enjoy doing that could be turned into a fun experience for years to come? Expanding on things you already love can be a great starting point when learning to actively create your own traditions. Consider something as small as always making an apple pie for Thanksgiving. Can you transition this into a tradition of going apple picking as a family to harvest your own apples? Maybe your family sits down to chat after a big meal, can you incorporate fun games like holiday BINGO to spice up the evening and create memories together?

*How can I expand on current traditions or activities to make them more meaningful and memorable?*

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## Create

What traditions do you still want to create? It can be helpful to reflect on past holidays and memories that stick out. Can you find a common theme or word that connects those memories? Consider using this theme to help you create new traditions.

### For Example

*A house full of relatives or neighborhood parties = Community*

*Hanging ornaments on the tree with your family = Quality Time*

Think about the deeper meaning of the new tradition you are hoping to create. Are you looking to create a lasting memory for your kids or reunite with friends who rarely see each other? Whatever it is, take a moment to plan and reflect to help bring purpose to your traditions.

## Suggestions

Do you have young kids? Take a holiday trip to the library and find books that emphasize the spirit of giving. (Little Robin's Christmas, Mice Skating)

Play tourist in your own town. What local community events are taking place?

Visit a care center and volunteer your time to current residents.

*Identify one new tradition you will create this year:*

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