



Holiday Debriefing (Year) _____

Directions-. You can either do this on your own, or even better with your family. Be 100% honest, but speak the truth with kindness. Actually write down the answers, either type or handwritten and then keep it somewhere you will actually read it next year...maybe in the box for the holiday decorations? Then next year, read it again at the beginning of the season and follow your own advice, repeat the things that worked and nix the things that didn't. Then repeat this next year, and so on.

1. What was your favorite moment from this holiday season?
2. What was your least favorite moment?
3. Were there any times when you felt like you were going to lose your mind with anger or stress? If so, describe:
4. Were there any moments, when you felt really sad? If so, describe:
5. Did you do anything this year that you would like to make a tradition? Describe:
6. Did you do anything this year that you said, "never again" to? Describe:
7. Now that you have finished all the gift-giving, what was done well that you would like to continue? What would you want to do differently next year?
8. Is there anything you wish you had done this year, that you didn't get around to? (Next year put this on the calendar early)
9. What is at least one thing you learned this holiday season? (about yourself, about others, etc)
10. What do you want yourself to remember at the beginning of next holiday season?