

RETHINKING HOLIDAY TRADITION

VALUES

The values that guide your holidays are unique to you and your family. Thinking through the values that underpin your holiday traditions can help you when you need to change, adapt, or create new traditions.

Write a holiday value in each small box. In the larger box, write what you will do or could do this holiday that will help you connect with that value.

Some common holiday values:

family - generosity - giving - faith - spirituality -
remembrance - home - connection - food - tradition -
legacy - remembrance - friendship - service -
volunteerism - comfort

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