

Grit 'n' Grace

Re-Evaluating Our Holiday Expectations & Traditions

List every holiday expectation/tradition you can think of. When you think you've run out, try to think of 5 more. Use these sentence starters to help bring holiday expectations/traditions to mind:

I have to ...

(S)he should ...

They must ...

We've always ...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____

12. _____

13. _____

14. _____

15. _____

16. _____

17. _____

18. _____

19. _____

20. _____

21. _____

22. _____

23. _____

24. _____

25. _____

26. _____

27. _____

28. _____

29. _____

30. _____

For each expectation/tradition you listed on the previous page, ask yourself these three questions:

(A) Are we slaves to this expectation/tradition, or does this expectation/tradition serve us well?

(B) How might we dial down this expectation/tradition a notch (or two...or three...)?

(C) What's the worst thing that would happen if we said "no" to this expectation/tradition this year?

1. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

2. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

3. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

4. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

5. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

6. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

7. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

8. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

9. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

10. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

11. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

12. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

13. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

14. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

15. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

16. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

17. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

18. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

19. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

20. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

21. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

22. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

23. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

24. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

25. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

26. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

27. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

28. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

29. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

30. Expectation/Tradition: _____

(A) _____

(B) _____

(C) _____

Expectations/Traditions we will REVISE for 2016:

1.Expectation/Tradition:_____

Revision:_____

2.Expectation/Tradition:_____

Revision:_____

3.Expectation/Tradition:_____

Revision:_____

4.Expectation/Tradition:_____

Revision:_____

5.Expectation/Tradition:_____

Revision:_____

Expectations/Traditions we will out-right REJECT for 2016:

1.Expectation/Tradition:_____

2. Expectation/Tradition:_____

3. Expectation/Tradition:_____

4. Expectation/Tradition:_____

5. Expectation/Tradition:_____