Holiday REFLECTION GUIDE

A few moments of reflection today can lead to a more meaningful and mindful holiday season.

My Holiday Values



What do I want people to remember most about this holiday season?



What traditions matter most?

What can I simplify?



My Joy List

Five things that bring me joy that cost little or nothing.

1.
2.
3.
4.
5.





My Holiday Intention

This year I want my money to reflect my values by...

GreenPath Financial Wellness
A 65-year national nonprofit.