

My Holiday Plan

1. I believe the most difficult part of the coming holiday will be: _____.
2. I believe the most difficult people for me to be with will be: _____.
3. The most comforting thought about the coming holiday is: _____.
4. The people I believe will be the most helpful to me are: _____.
5. The words I really need to hear this holiday season are: _____.
6. I will celebrate the memory of my loved one on this holiday by: _____.
7. I will tell my family/friends what I can and cannot do on this holiday by: _____.
8. I will rearrange my participation in the festivities by: _____.
9. In order to accomplish my plan, the first thing I will do is: _____.

Share your plan, if and when appropriate. With the help and cooperation of all, you and all family and friends can make it through the special days and celebrate a life that has been lived.