

Celebrate Christmas!

Celebrate You!

The Six Ways Your Soul Finds Meaning During the Holidays

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Worksheet
on
Your Sentimentality, Your Cynicism, and
What you truly desire from your Christmases!

The Christmas of _____
20_____

Use this worksheet to record your insights into the Christmases of *Nature*, *Nativity*, *Riches*, and *Relationships*. I suggest you get a binder and keep all your Christmas experiences together. Make these worksheets an Inner Christmas practice. Keep the binder in your box of Christmas ornaments and lights. Several years from now you will be able to review your Christmas unfolding of personal development.

Sentimentality

These are my sentimental feelings, my nostalgia for past Christmases. What I feel I want to repeat. These may be sweet memories or tender longings for what I've never realized.

Cynicism

These are my cynical attitudes about this Christmas. All I doubt, reject, ignore or diminish in my Christmas experience.

Desires

Here are my desires for personal meaning I seek in this Christmas.

Gifts of Meaning from the Christmas of _____

I found this new personal meaning this Christmas. Before you put away your Christmas decorations, take some time to write down what this Christmas gave you.

How it changed my thinking and gave me new imaginations ...

How it changed my feeling about what I value ...

How it changed my willing - my intentional life - shaped my resolve for the coming year ...

Sweet memories of this Christmas