



# HOLIDAY TO-DO AND MINDSET LIST

Remember, the key to a stress-free holiday season is planning ahead and focusing on what truly matters.

Use this guide to help you stay organized and enjoy the beauty of Christmas with your loved ones!

## 20 MINDSET REMINDERS TO EMBRACE DURING THE HOLIDAY SEASON:

1. I DESERVE TO PRIORITIZE MY WELL-BEING AMIDST THE HOLIDAY BUSTLE.
2. PERFECTION IS NOT THE GOAL; MEANINGFUL MOMENTS ARE WHAT TRULY MATTER.
3. IT'S OKAY TO SIMPLIFY TRADITIONS AND TAKE SHORTCUTS WHEN NEEDED.
4. MY WORTH IS NOT MEASURED BY THE NUMBER OF TASKS I COMPLETE OR EVENTS I ATTEND.
5. SETTING BOUNDARIES IS AN ACT OF SELF-LOVE, NOT SELFISHNESS.
6. I AM ALLOWED TO ASK FOR HELP AND DELEGATE RESPONSIBILITIES.
7. MY HAPPINESS IS JUST AS IMPORTANT AS EVERYONE ELSE'S DURING THE HOLIDAYS.
8. PRACTICING GRATITUDE CAN SHIFT MY FOCUS FROM STRESS TO ABUNDANCE.
9. I HAVE THE POWER TO CHOOSE JOY AND POSITIVITY IN EACH MOMENT.
10. REST AND RECHARGE ARE ESSENTIAL PARTS OF MY HOLIDAY EXPERIENCE.

11. I CAN EMBRACE IMPERFECTION AND STILL CREATE BEAUTIFUL MEMORIES.

12. MY NEEDS AND DESIRES ARE VALID AND DESERVE ATTENTION.

13. I AM WORTHY OF LOVE, ACCEPTANCE, AND CARE, ESPECIALLY DURING BUSY TIMES.

14. SAYING "NO" TO SOME THINGS ALLOWS ME TO SAY "YES" TO WHAT TRULY MATTERS.

15. I CAN FIND JOY IN SMALL, EVERYDAY MOMENTS THROUGHOUT THE SEASON.

16. MY BODY DESERVES NOURISHMENT, MOVEMENT, AND REST DURING THE HOLIDAYS.

17. I HAVE THE STRENGTH TO NAVIGATE CHALLENGES WITH GRACE AND RESILIENCE.

18. CONNECTING WITH LOVED ONES IS MORE IMPORTANT THAN CREATING A PICTURE-PERFECT HOLIDAY.

19. I CAN HONOR MY EMOTIONS WITHOUT LETTING THEM OVERWHELM ME.

20. THIS SEASON IS AN OPPORTUNITY FOR GROWTH, REFLECTION, AND SELF-COMPASSION.

## **21. IT'S OK TO HAVE LITTLE CHRISTMAS**



### Week 1: Getting Organized (Episodes 190)

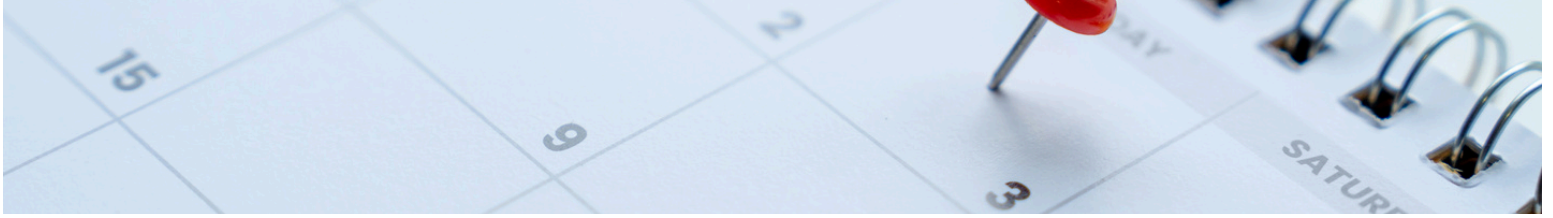
- PLOT KNOWN EVENTS ON YOUR CALENDAR
- SCHEDULE NON-NEGOTIABLE ACTIVITIES
- BEGIN MENTAL, PHYSICAL, AND SPIRITUAL PREPARATION
- SET A HOLIDAY BUDGET

### Week 2: Thanksgiving Prep (Episode 191)

- Plan your Thanksgiving menu
- Make a grocery list for Thanksgiving
- Prepare turkey breast nuggets wrapped in bacon (if desired)
- Consider gluten-free options for guests with dietary
- restrictions

### Week 3: Decluttering and Productivity (Episode 193)

- Clean windows
- Organize kitchen cabinets
- Clean out freezers
- Set daily goals for exercise and decluttering
- Remember: progress over perfection!



#### **Week 4: Stress-Free Thanksgiving Tips (Episode 195)**

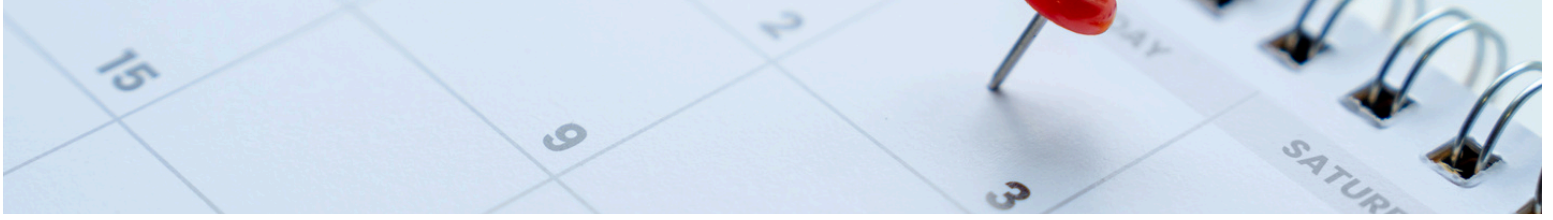
- Take turkey out of freezer (if not done already)
- Organize guest accommodations
- Plan Thanksgiving activities and games
- Prepare a signature cocktail recipe
- Consider pre-holiday beauty treatments (e.g., Botox)

#### **Midlife Week 5: Home Preparation (Episode 196)**

- Deep clean guest rooms
- Stock up on toiletries for guests
- Decorate your home for Christmas
- Start holiday gift shopping

#### **Week 6: Holiday Hosting (Episode 198)**

- Plan Christmas menu and make grocery list
- Prepare for back-to-back holiday events
- Create a playlist of holiday music
- Write and send Christmas cards



## Week 7 Holiday To-Do List from (Episode 199)

- Create a Christmas Schedule
- Set Boundaries
- Plan Your Meals and Tablescape
- Delegate Responsibilities
- Practice Self-Care
- Stay Present
- Reflect on Gratitude



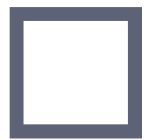
# MASTER LIST

- Decorate the house with festive touches
- Set up and trim the Christmas tree
- Prepare guest rooms for visiting family or friends
- Plan and coordinate family holiday photo outfits
- Organize activities for children during school break
- Schedule a family Christmas movie night
- Create or update personalized stockings for family members
- Plan and prepare a special holiday meal
- Bake Christmas cookies or other seasonal treats
- Make a festive Christmas morning breakfast
- Shop for thoughtful gifts for family and friends
- Wrap presents creatively or eco-consciously





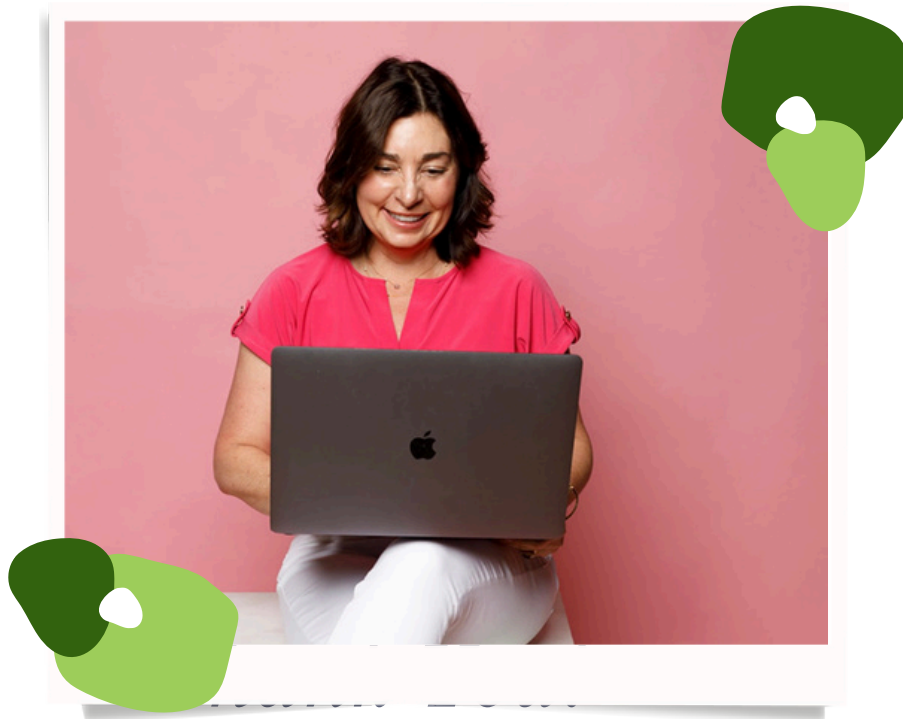
- Assemble care packages for loved ones
- Host or attend a holiday gathering with friends
- Participate in or organize a charitable activity
- Attend a local holiday event or performance
- Write and send out holiday cards or family newsletter
- Create a Christmas playlist of favorite seasonal songs
- Plan a family outing to see holiday lights or decorations
- Schedule some personal relaxation or pampering time
- Coordinate travel plans for family visits or holiday trips
- Prepare traditional Christmas Eve treats or activities
- Set out milk and cookies (or preferred treats) for Santa
- Plan a special Christmas morning tradition
- Organize post-holiday cleanup and decoration storage



***Merry Christmas!***

Remember the reason for the season!  
John 3:16





Hey Gorgeous!

Thanks for checking out this holiday to-do list! I really hope it helps you get organized for a fun and stress-free Christmas season.

I'd love to hear how your holiday planning is going! Don't hesitate to share your experiences or any tips you have with me. Wishing you a wonderful holiday filled with love and laughter!

*Heather Pettey*

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