

Holiday Help List Pt. 1

This simple questionnaire may give you some direction in planning the holidays ahead.

Activity/Task	Would the holidays still be "the holidays" without it?	Is there something you want to do differently?	Do you do it out of habit, tradition, free choice or obligation?	Is it a one person job or can it be shared?	Who is responsible for seeing that it gets done?	Do you feel like doing it?
Plan where to have a meal						
Plan with whom to share the meal						
Plan the meal						
Buy groceries						
Cook all or part of the meal						
Bake / exchange treats						
Decide on gift-giving						
Make lists of what needs to be done						
Prepare gift lists for family, friends & business associates						
Do the shopping						
Make homemade gifts						
Travel						

Holiday Help List Pt. 2

This simple questionnaire may give you some direction in planning the holidays ahead.

Activity/Task	Would the holidays still be "the holidays" without it?	Is there something you want to do differently?	Do you do it out of habit, tradition, free choice or obligation?	Is it a one person job or can it be shared?	Who is responsible for seeing that it gets done?	Do you feel like doing it?
Holiday decorating inside & outside						
Clean the house						
Buy/send greeting cards						
Attend holiday social functions						
Attend holiday business functions						
Attend community activities and events						
Attend traditional religious services						
See people you don't see any other time						
Attend special activities for children						
Give or attend a party						
Provide "together" time for the family						