



# HOLIDAY REFLECTION

**REFLECT BACK ON HALLOWEEN AND THANKSGIVING. JOURNAL ABOUT YOUR EXPERIENCES:**

**WHAT WENT WELL AND I WANT TO REPLICATE FOR THE DECEMBER HOLIDAYS?**

**WHAT WENT POORLY AND I WANT TO CHANGE FOR THE DECEMBER HOLIDAYS? WHAT AM I GOING TO DO DIFFERENTLY/HOW AM I GOING TO CHANGE IT?**

**WHAT I NEED TO GET THROUGH THE DECEMBER HOLIDAYS:**

**HOW I AM GOING TO PRACTICE SELF CARE THROUGH THE DECEMBER HOLIDAYS:**