

Your Holiday Simplified Audit

Because you don't need to do it all this year.

The holiday season adds a lot of extra tasks, expectations, and traditions to your month often without you even realizing it. This worksheet helps you slow down and take an honest look at everything you think you "have to" do, and decide what actually matters to you.

By sorting your December activities into Keep, Simplify, or Release, you'll create more space, more ease, and more joy – and let go of anything that's draining your energy or peace. Think of this as a gentle reality check wrapped in self-compassion. You don't have to do it all this year.

Instructions: Mark each item with: Keep, Simplify, or Release.

Holiday Extras

- Holiday cards
- Holiday clutter
- Holiday outfits
- Photo sessions
- Caroling / concerts / seasonal events



Gifts - Buying Gifts

- Family
- Friends
- Co-workers
- Teachers
- Neighbors
- Host/hostess gifts
- Secret Santa / group exchanges
- Stocking stuffers



Food + Gatherings

- Cookie baking
- Cookie exchanges
- Holiday meal planning
- Extra grocery shopping
- Hosting guests
- Hosting parties
- Family gatherings
- Neighborhood gatherings
- Office gatherings
- Social obligations



Decor + Home

- Indoor decorations
- Outdoor decorations
- Tree decorating
- Holiday table setup
- Swapping décor
- Deep cleaning before guests



Gifts - Creating & Giving Gifts

- Homemade gifts (cookies, treats, crafts)
- Personalized gifts
- Wrapping gifts
- Mailing gifts



Traditions

- Family traditions (movie nights, matching pajamas, etc.)
- Advent calendars / countdowns
- Annual crafts
- Driving around to see lights
- Holiday baking traditions
- Holiday book traditions
- Elf on the Shelf
- Volunteering



Other

- _____
- _____
- _____
- _____

Summary

Once you've gone through the checklist, take a moment to reflect and write your final decisions below. This will become your personal December roadmap – helping you stay aligned with what feels good and release the rest.

Simplify

Release

