

## Reflection on Upcoming Holiday or Vacation

Using a word or short phrase, answer the following. Skip those that don't resonate.

1. What is the state of your body? (Tired, strong, etc.)
2. What emotion is surfacing in you lately?
3. Who are you most excited about spending time with this holiday?
4. What are you most excited about doing over the holiday?
5. Who are you anxious about spending time with or what are you feeling anxious about having to do this holiday?
6. What or whom needs your attention the most this holiday season? What might that look like? How will you recognize God with you in that?
7. Is there anything you can skip on purpose (say no to) to make more room for what matters most?
8. How will you keep yourself aware of God's presence during the holidays?
9. What posture do you want to assume this holiday season? In other words, how to you want to be in your spaces and with your people?<sup>1</sup>

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<sup>1</sup> Emily P. Freeman did a great podcast around this idea on 9/21/21.