



# **BASK HOLIDAY GUIDE**

**PUTTING PEACE BACK INTO YOUR HOLIDAY SEASON**

**Schedule your own quiet time**

**Grab a pen and make your gift list**

**Set a budget for all of your gift buying**

**Go green- send digital holiday cards**

**Consider what you all love about the holidays and schedule it**

**Start and practice your own traditions**

**Be generous and selective with your time**

**Give yourself a cut off date for all shopping and wrapping**

**Make extra treats and give them as simple tasty gifts**

**Give more experiences and make memories**

**Select a charity and donate if you can**

**Set and manage expectations with your family**

**With a joyful heart,**

**Kerry**

