

Mindful spending for a *more meaningful holiday.*



The holiday season often brings joy, celebration, and connection, but it can also bring financial stress. Use this worksheet to plan for expenses and ease your mind.



Holiday Budget

Category	Planned Amount	Actual Spent	Notes
Travel			
Gifts			
Decorations			
Events			
Food			
Other			

Meaningful Gift Ideas

One way to make gifting more affordable is by making presents or sharing your time and support instead. Brainstorm low-cost gift ideas here:

A minute to *reflect.*



The holidays can sometimes feel fast-paced and overwhelming. Take a few mindful moments to reflect on what matters most to you:

What makes this holiday meaningful to you?

What non-material things bring you joy?