

REFLECTIVE PLANNING

A SELF-COACHING CHRISTMAS RECAP
TO HELP YOU BUILD
A STRONG, CONNECTED FAMILY

Overall, how would you describe this Christmas season? Was it peaceful, enjoyable, relational? Was the pace sustainable? Did your family seem to enjoy the activities and being together?

What went really well this year and why? (Traditions, specific gatherings, schedule, down-time.) How can you build more of this into the holiday season next year?

Did your family experience any conflict when you were together? Who was involved? Do you know how or why things got complicated? Is there anything specific you need to address in the next 12 months to avoid this situation next year?

What could have gone better and why? What changes could you make to avoid these snags next year?

If conflict was minimal, did growth in certain family members contribute to a peaceful time together? What specific reflections could you share with them to affirm this growth? When and how will you do this? (In-person, call, text, card.)



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What are your personal reflections about this Christmas season? What changes in your family have contributed to your feelings or experiences this year?

Describe a difficult situation you handled well. Write this as if you were sharing with a friend. (You did so well..., I'm proud of you because..., In the past you would have..... But instead you... This is real grown for you because...)

What do you need to process before next Christmas? Do you need to retire certain family traditions, release expectations, or grieve any losses? When and how will you address this? (Prayer, read a book, talk to friend, journaling, counseling, coaching.)

Where do you see God working in your family? How can you come into agreement with this? As you continue to lead your family, ask God where he would like to work in your life specifically.

What do you want to remember (to do or not do) next Christmas? Transfer these to your Nov/Dec 2023 calendar to help you remain prayerful and mindful as you grow a strong, connected family.

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