

# Holiday Weekend Intentions Worksheet

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## 1. Setting Your Intentions

- What are your top three intentions for this holiday weekend?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

- How do you want to feel by the end of this holiday weekend?

(Circle all that apply)

Relaxed | Happy | Connected | Peaceful | Energized | Grateful | Other: \_\_\_\_\_

- What activities or actions will help you achieve these feelings?

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## 2. Planning for Connection

- Who are the people you want to connect with this weekend? List their names and how you plan to reach out or spend time together.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

- What will you do to make your interactions with others meaningful and positive?

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## 3. Self-Care Intentions

- What self-care practices will you prioritize to maintain your well-being during the holiday weekend?

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Elevated Healing  
Treatment Centers

- What boundaries will you set to protect your energy and mental health?

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#### 4. Gratitude and Mindfulness

- List three things you are grateful for as you enter the holiday weekend.

1. 

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2. 

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3. 

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- How will you practice mindfulness to stay present and enjoy each moment?

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#### 5. Preparing for Challenges

- What potential challenges or stressors might arise during the holiday weekend?

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- How can you prepare yourself to handle these challenges effectively?

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#### 6. Post-Weekend Reflection

- How will you reflect on your intentions and experiences after the holiday weekend is over? What questions will you ask yourself?

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**Final Thought:** Setting intentions helps you create a more meaningful and fulfilling holiday experience. Take a moment to breathe, focus on your goals, and embrace the joy of the season with clarity and purpose.