

Plan for a Stress Free Holiday Season

	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su		
	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec	Dec
1 Cards & Correspondence	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4		
1.1	Buying Stamps & Holiday Cards																																				
1.2	Writing Out Holiday Season Cards																																				
1.3	Mailing Holiday Season Cards																																				

2 Gift Giving

2.1	Determining Budget for Gifts																																			
2.2	Buying Gifts for spouse/significant other																																			
2.3	Buying Gifts immediate & extended family																																			
2.4	Buying Gifts hairdresser, paperboy, etc																																			
2.5	Making Homemade Gifts																																			

3 Celebrations

3.1	Determine Budget for Parties																																			
3.2	Parties/Events attending for family																																			
3.3	Parties attending for work																																			
3.4	Other Shows, Concerts, etc attending																																			
3.5	Shopping for new clothes for celebrations																																			
3.6	Going to hairdresser																																			
3.7	Gift for the Host of the Parties																																			

4 Decorations

4.1	Buying decorations for outside																																			
4.2	Buying decorations for inside																																			
4.3	Buying a Tree																																			
4.4	Putting up outside decorations, lights etc.																																			
4.5	Putting up indoor decorations																																			
4.6	Putting up tree and decorating																																			

5 Food

5.1	Dinner Plan for Special Meals																																			
5.2	Shopping for ingredients, food for guests																																			
5.3	Creating Special Recipes																																			
5.4	Baking																																			

6 Exercise

6.1	Work outs to stay fit & lower stress levels																																			
6.2	Fun holiday exercise: skiing, skating etc																																			

Instructions for using this Plan

Red	Holiday
Green	Task needs to start
Grey	Task has been completed

*1 Cards & Correspondence has been filled in, to show as an example.