

Holiday Shopping Planner

Plan it calmly. Spend it wisely. Enjoy the season.

BEFORE YOU SHOP: A 1-MINUTE PAUSE

Breathe in for 4, hold for 4, out for 6. Repeat three times.
Then ask: What do I want this season to feel like? _____

TOTAL HOLIDAY BUDGET

\$ _____

PLANNED SO FAR

\$ _____

SPENT SO FAR

\$ _____

LEFT TO SPEND

\$ _____

PERSON	GIFT IDEA	STORE / SITE	BUDGET	PAID	DONE
			\$	\$	☐
			\$	\$	☐
			\$	\$	☐
			\$	\$	☐
			\$	\$	☐
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			\$	\$	☐

“You don’t have to win the holidays. You just have to enjoy them.”