

# Action Plan for

# Advent & Christmas



The holidays can be super stressful, but that doesn't mean you can't stay in love. The grace of your sacrament is there to help you not only survive the chaos, but to be a joyful witness to your family and friends! This guide will help you understand your spouse's perspective about Christmas, avoid pitfalls of the past, and make a plan for a happy holiday!

Complete the whole worksheet as a date night, or take a little piece at a time.

*When I think about the upcoming holidays, I feel...*

Write a love letter answering this question. Describe only the **feeling**, in as much detail as possible. No blaming or explaining—there is no wrong way to feel. This is just a chance to discover more about yourself and your spouse!

## Share Your Formation

Growing up, Advent and Christmas were...

Some of my favorite Christmas traditions were...

Things I didn't like about Christmas in my family were...

What effects has your family of origin had on how you approach Advent and Christmas?

# My Values

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

What are your top 5 most important values for the Advent and Christmas season?

These are things you are willing to sacrifice time, money or energy in order to have operative in your family.

# Your Values

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

Now ask yourself if you can embrace your spouse's values for this season. In other words, can you make what is important to your spouse important to you?



## The greatest gift

At Christmas, we celebrate the Incarnation—the fact that God entered into our humanity.

Don't pass up opportunities to enter into your spouse's experience this season. It's a busy season, but let's never be too busy to share our feelings, to offer an affectionate touch, to speak an affirming word, or to ask forgiveness when we've been wrong.

## DECISIONS, DECISIONS!

Keeping in mind your values, now make a concrete plan for your holidays. Use your decision-making process to consciously choose things like where you will spend the holiday, how you will budget, or how you will generously love a difficult relative.

#1: \_\_\_\_\_

Date to share feelings: \_\_\_\_\_

Date to exchange proposals: \_\_\_\_\_

#2: \_\_\_\_\_

Date to share feelings: \_\_\_\_\_

Date to exchange proposals: \_\_\_\_\_

#3: \_\_\_\_\_

Date to share feelings: \_\_\_\_\_

Date to exchange proposals: \_\_\_\_\_

Remember, our goal in decision making is always to arrive at a decision:

- We **both** can get behind 100%
- We both believe is in the best interest of our marriage

Need to brush up on these skills? Visit <http://livinginlove.org/our-programs/every-day-in-love/>