

## “Mindful Mom...How To Spot The Holiday Magic”

### 1. Your Presence Is Your Present

Describe what has you leaning away or not being present in the holiday magic?

- a. **Your Painful Past?** (ex...The loss of someone close to you)  
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- b. **Your Pressured Present?** (ex...The gifts you still need to buy)  
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- c. **Your Problematic Future?** (ex... Can't let go of work)  
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**What's Your Default Distraction that robs you from some of the magic at the holidays?** (Doing too much, social media, escape activities?)  
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**What's the #1 thing you could turn off this season?**  
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### 2. “Sense” the Magic

What memories come most to mind for you about your “Magical Holidays” and what experiences do you want to share with the people you love?

Smells- (Gingerbread, pine trees, etc.)  
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Tastes- (Wassail, sweet rolls, homemade divinity, etc.)  
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Sounds- (Carolers, sleigh bells, Christmas music, etc.)  
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Touch- (Cozy new pajamas, cold night air, hugs, etc.)  
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Sights- (Fire in the Fireplace, tree lights, shopping malls, etc.)  
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Feelings- (Anticipation, excitement, longing for others, etc.)  
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### 3. Giving Your Essential Gift

If I had a Magic Wand and changed you into the most amazing person you long to be, what are three gifts that you would bring to the most important people in your life?

- **Essential Gift #1-**
- **Essential Gift #2-**
- **Essential Gift #3-**

