

# Activity Two: Choose Your Christmas Traditions

Last week, you wrote down goals for yourself both individually and as a couple. You talked through each of your goals and came to an understanding of how the goals came about.

The biggest benefit of choosing these goals together is that you get to create the kind of Christmas you both want. In this exercise, you will ask each other questions to gain further understanding of why you each approach the Christmas season like you do. Then, through that understanding, you'll align on how you want to approach Christmas together.

**Instructions:** Go on a date! Take these questions with you and ask them to each other while enjoying some quality time together.

## Questions:

1. What's one low or no cost thing your family always did during Christmas that you loved? Why did you love it so much? Is it a tradition you want to add or build from today?

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2. What is important to you about Christmas? (the gifts you give people, taking time off, spending time with loved ones, etc.)

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3. Finish this sentence: "This Christmas, the one thing I want to make sure I remember is..."

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4. Where do you think we need to be more intentional this Christmas (expenses, time with family, personal time)?

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5. Creative Gift Giving: What is a great gift I can give you this Christmas that would cost me no money?

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