

Activity One: What are your goals?

STEP 1:

Christmas is the most wonderful time of the year – and one of the most stressful. From organizing events, parties, and gift exchanges to managing your finances and time, it can get overwhelming.

Did you know? You're more likely to achieve your goals if you write them down.

Instructions: Take some time to write down what your personal goals are this year for the Christmas season. What are your financial goals? How much do you want to commit to this year?

Partner 1 Individual Goals	Partner 2 Individual Goals
_____	_____
_____	_____
_____	_____

STEP 2:

Navigating the Christmas season with your partner can add stress. You now have to consider another family, with their different traditions and expectations for the season. What if this year you set goals, together, and stick to them, curating your own new Christmas traditions and expectations? Let's take this activity a step further and set goals as a couple.

Instructions: Individually, write goals you have for your relationship this year. How much do you want to spend on each family member? How much do you want to save for the holidays, together? What would you like each of you to contribute to saving?

Partner 1 Couple Goals	Partner 2 Couple Goals
_____	_____
_____	_____
_____	_____

Once you write down your goals, compare your goals with your partner's and see where there is alignment/misalignment. Talk about the differences. There are some questions on the bottom to help you navigate the conversation.

Learn about your differences this week. Next week, we'll work on getting in alignment!



Discussion:

- Which of your partner's goals are you surprised by?
- Which of your goals are most important to you right now?
- What are the current issues surrounding these goals?

