

FESTIVE SEASON CHECKLIST



Don't let the Festive Season stress you out. Use this checklist to make it a happy time.

1 PLAN

Make a list of all you need to do including gifts, food, what to wear

2 MAKE A BUDGET

List everything you need to buy and then make a budget and **STICK TO IT**

3 PLAN YOUR MENU

Plan a stress-free menu so you aren't stuck in the kitchen all day. Ask family and friends to bring a plate

4 MAKE A LIST OF WHO TO BUY FOR

Decide who you will buy gifts for. Try Secret Santa for adults

5 SHOPPING TIPS

Shop out of peak times
Try Online Shopping
Ask a friend to mind the children and return the favour

6 ASK FOR HELP

Delegate on the day and don't be afraid to ask others to help

7 LET GO & RELAX

Pour yourself a drink, relax and enjoy the day - you deserve it!!





Festive Season Planner

December 2016

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 START PLANNING 	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24 CHRISTMAS EVE 
25 CHRISTMAS DAY 	26	27	28	29	30	31 NEW YEAR'S EVE 

notes