

My Calmer, Clearer December Plan

When life gets busy, it becomes easy to lose sight of what matters most. This simple worksheet helps you pause, reflect, and set a healthier pace for the month ahead.

Three Truths to Keep Me Grounded

When chaos piles up, it is easy to lose sight of what anchors you. Start by writing three truths that remind you of what is most important, such as:

- A Bible verse that reminds you of hope in Jesus.
- A self-affirming statement you need to hear such as "I am enough," "I am not what I do," or "When I rest, the world keeps going without me."
- The names of a few people you truly want to prioritize and bless this month.

What I Will Say "Yes" To

Name the gatherings, habits, or commitments that bring you peace, connection, or joy.

What I Will Say "No" To

Identify the obligations, expectations, or conversations that drain you. Letting go of a few things can create more space for what matters.

Who I Can Ask for Support

List the people (like a mentor, someone who will pray for you, people who can help with responsibilities, or your therapist) you can turn to when life feels overwhelming. You do not have to carry everything alone!
