**Worksheet #1 – December 2017 - I Rule Yule**

Complete (ideally before you watch the tutorial video) to kick start your wellbeing work pre: festive season!

**What 3 words come to mind when you think about Christmas?**

**1.**

**2.**

**3.**

**Give 3 words to describe what comes to mind when describe Christmas when you were growing up:**

**1.**

**2.**

**3.**

**What do you like most about the festive period?**

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**What do you like least about the festive period?**

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**What should happen at Christmas time?**

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**How should the build up to Christmas go?**

****

**Who should be around and be a part of it?**

****

**Who should help?**

****

**What else should happen?**

****

**What do you feel you always should be doing and resent like crazy ever year?**

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**What do you look forward to most about Christmas?**

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*Good work, sugarplum!*

*Go watch the tutorial and dive into this month’s tools.*

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