



- 1) List all of the activities that you might do this holiday season.
- 2) Ask yourself: Does this spark joy?
- 3) If a particular task or project doesn't spark joy or if it just takes too much time and energy, can you apply the "4 Ds" to lesson your load?

***Diminish*** “Instead of decorating the entire outside, could I just do the bushes?”

***Delegate*** “Instead of cleaning the house this month, could I hire some help?”

***Defer*** “Instead of rushing to get my holiday cards out, could I send New Year's cards instead?”

***Delete*** “If this doesn't spark joy, do I even need to do it?”

ACTIVITY	SPARKS JOY?					NOTES
<b>GIFT-GIVING</b>						
Shopping		Diminish	Delegate	Defer	Delete	
Wrapping gifts		Diminish	Delegate	Defer	Delete	
Sending holiday cards		Diminish	Delegate	Defer	Delete	
Choosing teaching gifts		Diminish	Delegate	Defer	Delete	
Arranging vendor tips (postman, etc.)		Diminish	Delegate	Defer	Delete	
Exchanging gifts		Diminish	Delegate	Defer	Delete	
Watching holiday classics		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
<b>COOKING</b>						
Making holiday cookies		Diminish	Delegate	Defer	Delete	
Making a holiday meal		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
<b>HOSTING</b>						
Hosting the family for the holiday meal		Diminish	Delegate	Defer	Delete	
Hosting family as overnight guests		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	

ACTIVITY	SPARKS JOY?					NOTES
<b>DECORATING</b>						
Decorating outside of the house		Diminish	Delegate	Defer	Delete	
Decorating inside of the house		Diminish	Delegate	Defer	Delete	
Picking out the perfect Christmas tree		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
<b>CELEBRATING/SOCIALIZING</b>						
Attending church service		Diminish	Delegate	Defer	Delete	
Attending the company holiday party		Diminish	Delegate	Defer	Delete	
Organizing a White Elephant party		Diminish	Delegate	Defer	Delete	
Seeing holiday performances		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
<b>VOLUNTEERING</b>						
Adopt-a-family		Diminish	Delegate	Defer	Delete	
Clothing drives		Diminish	Delegate	Defer	Delete	
Volunteering as a family		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
<b>OTHER ACTIVITIES</b>						
Caroling		Diminish	Delegate	Defer	Delete	
Listening to holiday music		Diminish	Delegate	Defer	Delete	
Visiting light displays		Diminish	Delegate	Defer	Delete	

ACTIVITY	SPARKS JOY?					NOTES
Sipping hot cocoa by the tree		Diminish	Delegate	Defer	Delete	
Reading holiday books		Diminish	Delegate	Defer	Delete	
Drinking eggnog		Diminish	Delegate	Defer	Delete	
Taking a family photo		Diminish	Delegate	Defer	Delete	
		Diminish	Delegate	Defer	Delete	
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