

COMFORT & Joy REFLECTION

No Ghosts. Just Christmas Present.

PAUSE

Take a few quiet moments to reflect on what brings comfort and joy this season. You might use this as a journaling page or to share thoughts with loved ones.

REFLECT

- *Where have I seen light this year?*
- *What brings me comfort when I feel stretched thin?*
- *Who or what has been a source of joy?*
- *How can I extend kindness to myself this week?*
- *What is one small hope I want to carry into the new year?*

TAKE ACTION

- *Complete this exercise with friends or family and invite a sacred stillness to your celebrations.*
- *Think forward to next year's holiday season and note what you'd like to repeat next year.*

HOPE GROWS THERAPY & CONSULTATION

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