

self-assessment and planner

# INTENTIONAL TRADITIONS



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## Defining the term Holiday Season:

This planner is designed based on the seasons of the Northern Hemisphere. It can be adapted by changing the fall/winter theme to spring/summer. I hope one day soon to have Northern and Southern Hemisphere options, that was just beyond my reach for this printing at the moment.

When I use the term *Holiday Season*, I am referring to the time between the end of harvest season and the beginning of the deep rest of winter. For my family, this is from the Autumnal Equinox until the first week of January. During this time, we have celebrations big and small on an almost weekly basis. I know, you may feel the holiday season is a different span of dates on the calendar. The month of December is full of many holidays for many cultures and religions, most people in the US consider this time of year “the holiday season”. I will use this term in the planner because it is the most general way to encompass a sensation that many of us have that this time of year is celebrated even if we have this feeling for a multitude of reasons. Before continuing with the planner, consider what the phrase holiday season means to you. What dates or events does it encompass? Please use the meaning and definition that means the most to you when you see this phrase in the coming pages.





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**Dear Friend,**

When we focus on our actions and infuse them with our attention, we establish a connection between our hearts and our bodies. This is ritual, an action performed by our bodies in connection with our heart. This connection allows us to glean greater meaning and purpose from our actions. Meaning and purpose make our rituals relevant and valuable to our specific lives.

Many of the rituals and traditions we encounter around the holiday season in modern culture have been prescribed for us. Established rituals hold great power- and that power can be healing or harming. When we don't connect with the actions being performed, we are missing the heart piece. We cannot absorb the meaning of a ritual if it is not relevant to us. Instead of filling us with a sense of purpose and connection, we feel lost and disconnected. Disconnection is lonely, and loneliness is scary. These established traditions were developed over time in accordance with relevancy. When we engage with them deeply we can make conscious decisions about how to interact with them now. Do these traditions still hold meaning for us? Has the meaning changed over time but the action is still relevant? Shall we let them go and develop something new? All these questions allow us to bring a great deal more intentionality to our celebrations.

Culturally, we have been trained to remove the heart from our actions on a regular basis. We regularly disconnect from our actions, but still repeat them every day, every season, every year. This workbook is designed to support you in exploring how you want to engage with celebration. When we attend to our actions with attention, our heart has to come along. Our hearts gravitate toward meaning and making connections.

This is a season of celebration, a time to honor what you feel deserves celebration. Your traditions need to be relevant to what needs celebrating in your life. This planner will help you illuminate what you want from this season and plan how to go about getting just that. May your season, and your heart, be merry and bright.



## RITUAL: AN ACTION PERFORMED BY OUR BODIES IN CONNECTION WITH OUR SPIRIT

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We can use rituals to connect the heart with the outside world or as a way of connecting our physical actions with our heart.

What is your favorite childhood memory from the holidays?

What is your favorite holiday memory as an adult?

What is something you look forward to during the holiday season?



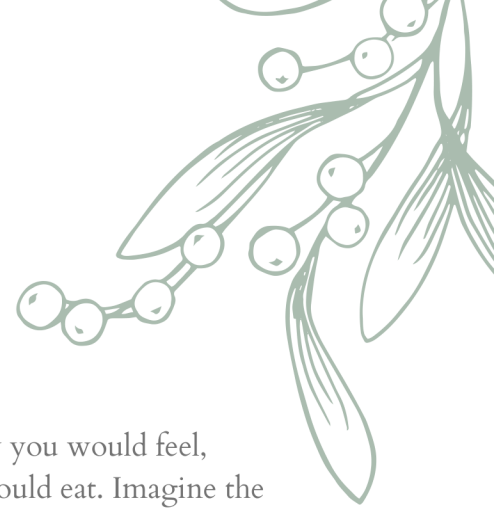
When do you feel stress or frustration during the holidays?

What is a tradition or event that is important for you to continue year after year?

If you were to add an event or tradition, what would that be?

If there were no restrictions or repercussions, what tradition or event would you discontinue?





Take some time to imagine your ideal holiday season. Think about how you would feel, what you would do, who you would be with. Think about what you would eat. Imagine the smells, textures, tastes, sounds, and sights of this ideal seasonal experience.

Identify three words that encompass that feeling for you:

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Formulate an intention, statement, or mantra using these three words and the desires you identified on the previous page. (ex. I celebrate home, connection, and truth.)





MAKE YOUR DESIRES FOR THIS HOLIDAY SEASON REAL.

Name one wish/desire for this season:

List three benefits of this wish or desire:

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List three barriers to this wish or desire:

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Who or what could you rely on or establish to overcome these barriers and realize these benefits?

How will you make this happen? When?

# MAKE YOUR DESIRES FOR THIS HOLIDAY SEASON REAL.

Name one thing/event/ concept to let go of this season:

List three benefits of letting this go:

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List three barriers to eliminating this:

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Who or what could you rely on or establish to overcome these barriers and realize these benefits?

How will you make this happen? When?





# MY INTENTIONAL TRADITIONS

As we celebrate the end of autumn and beginning of winter, I honor my beliefs and values with this statement/mantra:

My objective during this season is to honor my desire to \_\_\_\_\_ and practice \_\_\_\_\_  
acceptance around letting go of \_\_\_\_\_ . This is relevant to me, my  
values, and my beliefs because: \_\_\_\_\_  
(what you are letting go) (wish)

Attending to my intentions and actions in this way will create space for

As I make these changes which honor my highest self, I will lean on supports such as

As I go about this season, any time I feel stressed, alone, or disengaged I will remember

Transformation takes time. I will build my new intentional traditions year after year, weaving together meaningful actions and rituals built around their relevance to me, my beliefs, and the life I want to live.

*The following page is left blank in case you want to remove it from the workbook and write/create a statement page with these words or your own.*



MY INTENTIONAL TRADITIONS



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NOTES:





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