

WHAT'S REALLY ON MY PLATE? HOLIDAY ANXIETY BUSTER

This exercise will allow you to see what is REALLY on your plate and what is not.

First, write down all of things that you have to do (chores, tasks, worries, expectations, etc.) in **one color**.

Next, go through that list and categorize each "to-do" or expectation into the three other categories using **different colors**.

