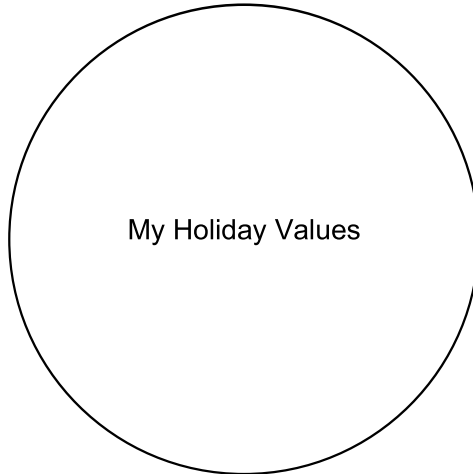


Your Holiday Spending Mindset Map

Step 1: Identify Your Holiday Values

Think about what matters most to you during the holidays.

Write or draw 2-3 things inside the big circle below:



Step 2: Set Your Spending Goals

For each value, write how you can focus on it without spending a lot.

Value 1: _____ Ideas: _____

Value 2: _____ Ideas: _____

Value 3: _____ Ideas: _____

Step 3: Watch Out for Triggers

Write 1-2 things that might make you spend too much and how you'll handle them:

Trigger 1: _____ How I'll handle it: _____
--

Trigger 2: _____ How I'll handle it: _____
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Use this map as a guide to focus on what truly matters during the holidays!

Step 4: Create Your Reminder

Write a phrase to inspire you when you're tempted to overspend: _____