

# Strong Sensitive Souls

## Holiday Survival Guide

### Guiding Feeling for the Holidays:

This holiday season I want to feel \_\_\_\_\_

\_\_\_\_\_

### What I Will Do to Honor That Feeling:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### What I Will Say No To (to Protect That Feeling):

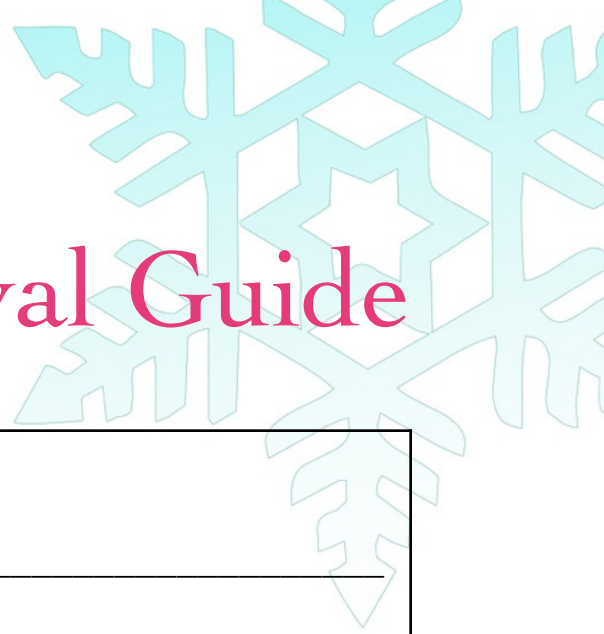
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*Strong Sensitive Souls*

# Holiday Survival Guide



**Old Traditions I Will Honor:**

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**New Traditions I Will Create:**

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