



Life & Mental Health Coaching

Holiday Question Guide
Workbook



A workbook designed to help you
Navigate Family Dynamics during Festive Seasons



MENTAL & EMOTIONAL RESILIENCE FOR THE HOLIDAYS QUESTION GUIDE

As the holiday season approaches, the array of choices can become overwhelming, not to mention the expectations placed upon us by family and friends, the numerous events we're expected to attend. If you're an active-duty military member, a spouse, a child, or part of a military family, you might often find yourself torn, disconnected, and overwhelmed when making decisions. To help you navigate this season with confidence and avoid living with regret, here are some valuable tips.

Three Key Areas

Strong Values & Boundaries for Decision Making
Healthy & Supportive Family Dynamics
Healthy Habits

Understanding your personal values and the values that truly guide your family is essential. These guiding principles can help you make decisions that serve your families and communities effectively.



Strong Values & Boundaries for Decision Making

VALUES ARE DEEPLY DRIVEN **BELIEFS** THAT
MOTIVATE

WHAT DO YOU TREASURE MOST IN LIFE?

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[Value Assessment \(Pay\)](#) [Value Assessment \(FREE\)](#)

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Strong Values & Boundaries for Decision Making

For assessing your strong values and boundaries in order to make sound designs during the holidays with your family here are a few questions to consider prior to setting expectations.

- What three words do you think best describe our family?
- What would you like to focus on for your conversation?
- What do you hope to achieve in your time together today?
- What is the real challenge here for you?
- If you're saying yes to this, what must you say No to?
- What three words do you think best describe our family?
- What are the values your immediate family typically makes decisions from?

My Personal thoughts are:

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Healthy & Supportive Family Dynamics

Assessing the health and supportiveness of your distant family can be crucial for your well-being and sense of belonging. Here are some questions to consider when evaluating your distant family relationships

- Do you look forward to spending time with them during visits or gatherings?
- When you reach out for support, how do they respond?
- Do you feel comfortable sharing your thoughts and emotions with them?
- Do you feel valued and respected within the family?
- Are there any unresolved conflicts or issues within the family that need addressing?

My Personal thoughts are:

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Healthy Habits

Are there specific work-related or personal goals that you are struggling to achieve, which might be affecting your mental health and relationships?

- Are you finding it difficult to establish boundaries with work, family, or social commitments, making it challenging to maintain a healthy work-life balance?
- Do you notice any negative thought patterns or beliefs that are affecting your self-esteem and overall mental health during the festive season?
- Are there any specific triggers, such as family gatherings or certain events, that tend to negatively affect your mental and emotional well-being during this season?
- What specific distractions or time-consuming activities are taking you away from spending quality time with your loved ones?
- Do you find yourself constantly checking your email or being accessible to work-related communications when you should be focusing on relaxation and family time?
- Are there certain digital devices or social media platforms that consume a significant portion of your time, preventing you from being present with your family and friends?
- Are there any unhealthy habits, such as excessive screen time or overindulging in food and alcohol, that are negatively impacting your mental and emotional well-being?

My Personal thoughts are:

Traditional Life Coaches Corner

Your Journey to Personal Development

Are you ready to take your personal development journey to the next level? At this stage, you may have already asked yourself numerous questions about your goals, aspirations, and life's purpose. Yet, there's a powerful tool that can help you navigate this journey even more effectively – one-on-one coaching.

Why Coaching?

Questions are essential for personal development, but having a life transitional coach offers you a unique opportunity to delve deeper into your journey. It's about more than just asking questions; it's about having a guide who can help you explore and discover the answers that are uniquely tailored to your needs and aspirations.

What Coaching Can Do for You:

- **Personalized Guidance:** Your coach can work with you one-on-one, understanding your unique challenges and aspirations, and crafting a roadmap that's designed just for you.
- **Accountability:** With a coach, you'll have someone who'll hold you accountable for your actions, helping you stay on track to reach your goals.
- **Expert Insights:** Benefit from the wisdom and expertise of a seasoned coach who has the knowledge and experience to guide you effectively.
- **Overcoming Obstacles:** Your coach can help you identify and overcome the obstacles that may be holding you back.
- **Creating a Vision:** Together, you can build a clear vision of where you want to be and develop a plan to get there.

Your Journey Starts Here:

If you're ready to embark on a transformative journey, our one-on-one coaching is your next step. Sign up now to experience the power of personalized guidance and support in your personal development. Let us help you move from where you are today to where you dream of being.

Take the leap and embrace the possibilities of what you can achieve. Your coach is here to guide you toward your full potential.

