



Holiday Checklist

Home & Decor

- ☐ Put up simple, safe decorations with help as needed
- ☐ Check light cords for wear and replace as needed
- ☐ Light a holiday candle (or switch to LED if sensitive)

Health & Comfort

- ☐ Refill prescriptions early
- ☐ Schedule quiet rest breaks
- ☐ Dress for the weather — consider indoors and out

Holiday Tasks

- ☐ Write and send holiday cards via mail or online
- ☐ Finalize gift list (friends, family, and you)
- ☐ Plan menus or meals and use grocery delivery if available

Seasoned Self-Care

- ☐ Block off “me time” on calendar and watch a calming video.
- ☐ Call someone you’ve been meaning to every few days
- ☐ Do one thing that makes you laugh (ugly sweaters count) every day

Gift Ideas from Seasoned Folks Shop

- ☐ T-shirt with a sassy quote
- ☐ Funny apron or cap
- ☐ Holiday ornament with personality
- ☐ Mug that speaks your truth
- ☐ Gift one to yourself because... why not?