Make a Plan Worksheets

Things That Need To Be Done (e.g., shopping, card buying/writing/mailing, cooking, wrapping, decorating)	Do I Feel Like Doing it This Year?	Can Someone Help With This or Do it For Me? Who?	Do I Want to Skip it This Year?	If I feel I NEED to do it, Why do I need to do it?
Karla Helbert, MS, LPC				

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Do I Feel Like Doing it This Year?	Do I Want to Skip it This Year?	If I feel I NEED to do it, Why do I need to do it?	What Could I Do To Make it Different or Easier? ~or~ To Bring the Memory of My Loved One into the Tradition?
	Feel Like Doing it This	Feel Want to Like Skip it Doing it This This Year?	Feel Want to to do it, Like Skip it Doing it This Why do I need This Year? to do it?

Remember to Share Your Plan with Friends and Family. It can be very helpful to let them know what you need and what you plan to do to help yourself get through this difficult time.