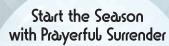
8 WAYS

TO KEEP YOUR EXPECTATIONS

HEALTHY THIS CHRISTMAS



Invite God to shape your heart and guide your plans.

Psalm 37:5

Commit your way to the Lord.

Key:

Let go of control and align your heart with His.



Let Go of Perfectionism

Christmas doesn't need to be flawless to be holy.

2 Corinthians 12:9

His power is made perfect in weakness.

Key:

God values your heart, not your performance.

Let this season be guided by *grace*, not pressure. This printable is designed to help you set down unrealistic expectations and pick up what matters most: peace, presence, and the promise of Jesus.



Focus on Presence, Not Pressure

Choose connection over production.

Psalm 118:24

Rejoice in today.

Key:

Be present where your feet are; be in the moment.



Make Room for Both Joy and Grief

Christmas can hold both sorrow and celebration.

Psalm 34:18

The Lord is near to the brokenhearted.

Key:

Jesus meets you in every emotion.





for my expectation is from Him.

Psalm 62.5

Define "Enough" Ahead of Time

Set boundaries with time, spending, and energy.

Ecclesiastes 4:6

Better one handful with peace.

Key:

Contentment creates space for rest and joy.

Remember What You're Celebrating

Keep your focus on Jesus, not the chaos.

Isaiah 9:6

For to us a child is born.

Key:

Let worship, not worry, set the tone for peace with everyone.



Communicate Clearly with Loved Ones

Clear conversations prevent unmet expectations.

Romans 12:18

Live at peace with everyone.

Key:

Honest talk builds peace and understanding.



Give Yourself (and Others) Grace

Things will go wrong. Grace covers it all.

John 1:16

Grace upon grace.

Key:

Breathe, forgive, and begin again.

Discovering Truth