

HOLIDAY SURVIVAL 101 GUIDE



3 pillars to ensure a successful Holiday Season

1

Remember to Reflectively Listen

Listening builds connection and utilizing our Reflective Listening Skills are a great way to fuel connection with others. If we decide to Reflectively Listen, the less time we have to worry about apologizing or regretting what we may have said. Want more? Check out our resources to lean into this pillar.



2

Acceptance versus Agreement

If we are able to accept those around us, then we can cut down on conflicts and maintain connections. Remember, every behavior is an expression of need. Want more? Check out our podcast episode, "[You don't have to think the same to love someone](#)" to fortify this pillar.



3

Recognition

It is never too late to recognize those we value and appreciate. Recognition allows us to build connections and uplift those around us. We celebrate what we want to see more of.

