

# Affirmations to Calm Your Christmas

1



**Affirmation**  
In this season of holiday distraction and chaos, I am grateful that I can keep my mind clear. I choose to remove excess distractions this Christmas. I remain calm and present.

.....>

**Reflection**  
How can I remove distractions that are keeping me from being present during the holidays?

2



**Affirmation**  
I look at what traditions I want to keep and which ones fail to serve me. With the world as it is today, I let go of old, worn out traditions. I adjust to the new reality. I know what is important.

.....>

**Reflection**  
Which Christmas activities are most meaningful?

3



**Affirmation**  
I have noticed a pattern of getting stressed and depressed around the Holiday Season. This year, I am consciously changing that pattern. I choose balance over perfection.

.....>

**Reflection**  
What will it take to find balance and reduce unnecessary stress during the Holidays?

4



**Affirmation**  
The Christmas season helps me to realize how important it is to celebrate life. I choose to enjoy this season with child-like joy. I embrace the magic of Christmas.

.....>

**Reflection**  
Which traditions activate your inner child?

5



**Affirmation**  
When emotions rise up I take deep breaths. I spend time meditating, tapping, and breathing to release trapped emotions that surface at the holidays. I treat my emotions with love.

.....>

**Reflection**  
What thoughts, traditions, or songs trigger negative emotions?

Looking for more support and strategies to help you enjoy the holidays?

Register for our online "Calm Your Christmas" mini-course:  
[www.theelevationtribe.com/calmchristmas](http://www.theelevationtribe.com/calmchristmas)