

**MEN'S WORKSHEET**  
*Living Simply During Advent & Christmas*

- 1) Scan the list below and cross of the activities that you weren't involved in last year, adding those that you think of that are not on this list.

Decorating the house.

Decorating the tree.

Shopping for gifts.

Making gifts.

Wrapping gifts.

Entertaining.

Going to parties.

Going to Christmas performances.

Christmas activities at work.

Christmas activities with your children.

Christmas activities at home.

Church activities.

Gift-opening rituals.

Charitable activities.

Family Christmas gathering

Music

Other: \_\_\_\_\_

Other: \_\_\_\_\_

- 2) Beside each of the remaining activities, assign a number from 1 to 10 that shows how much you enjoyed doing it last year. A 10 shows the most pleasure. Feel free to add comments.

- 3) Think about what, overall, gave you the greatest pleasure last Christmas.

- 4) Which activities or situations gave you the least pleasure?

### **REMEMBERING YOUR CHILDHOOD CHRISTMAS**

1) Think back to your childhood Christmas. Which traditions, activities, or occasions were particularly pleasurable for you?

2) Of these important childhood memories, which are reflected in your current celebration?

### **DRAWING CONCLUSIONS**

1) From everything you know about yourself and Christmas, ideally, what changes would you like to make in the coming celebrations? (Initially, don't take consideration of how realistic or unrealistic these changes may be.)

2) For married med: What do you most want your wife to know about how you feel about Christmas?

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<sup>i</sup> Jo Robinson & Jean Coppock Staeheli. *Unplug the Christmas Machine: The Complete Guide to Getting Love & Joy Back into the Season*. Harper: New York, 1991. pp. 43-44.