

THE 1ST KEY TO SURVIVE THE
CHRISTMAS HOLIDAY

ALL ON LOVE & SELF CARE



11 page printable
workbook you
can use today!

WORKBOOK

QUIRINE VOSMAER

QUIRINEVOSMAER.COM



HO, HO, HO...!

WELCOME, MY DEAR FRIEND,

TO *'THE 1ST KEY TO SURVIVE THE CHRISTMAS HOLIDAYS - ALL ON LOVE & SELF CARE'*!

Good to have you here!

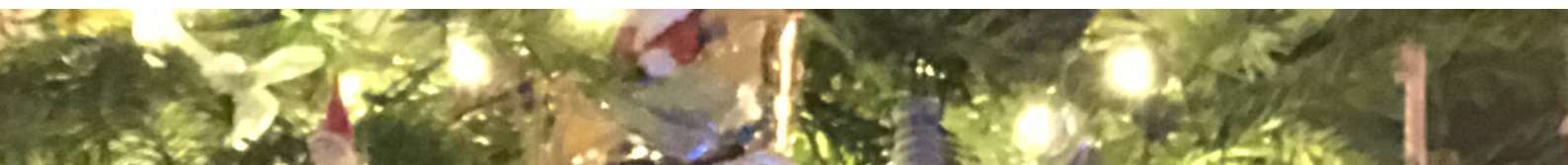
This Workbook accompanies the video with the same title: 'The 1st Key to survive the Christmas Holidays - all on Love & SelfCare'

You can get to the video on the page QuirineVosmaer.com/howtosurvivechristmas/

Enjoy!

Quirine Vosmaer

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MERRY CHRISTMAS

CHRISTMAS HOLIDAY

'the 1st key to survive Christmas Holdidays' all on Love & Self Care

As we know : nice time with family friends, lights, tree, presents, good food, & joy

But also cramped together, a lot of triggers often get activated too.

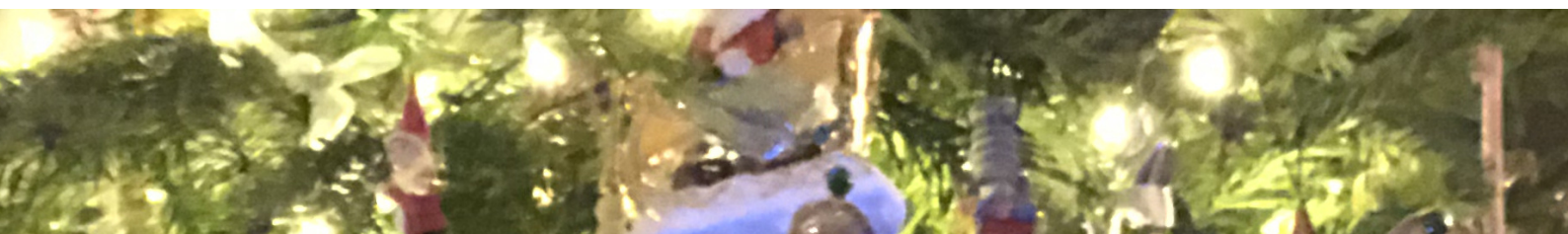
Whether it triggers us in to stress, fight, flight, pleaser behavior, or self neglect. Its all triggers that bring in tension.

For me: I'm looking forward to it, with this longing for rest and ease, and then, at the end 'Oh was that it?'

Flies by in a sec. not always as rejuvenated as I would like to. And that's an understatement.

Do you recognizes this?

And every time I forget all about it again and the next year I fly in, just the same, as if it were a fairytale story again of peace joy happinez and rejuvenation.





It's not like it is one big drama, hell no, I love the Xmas holiday!

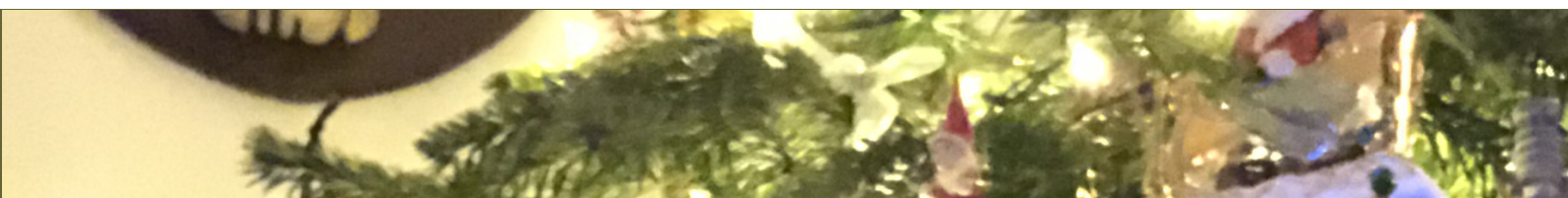
It's just like it slips through my fingers, and I am always a little more exhausted in the end than I would like to, and did less of the things for myself I wished I had.

I tend to forget about my own needs when I have my loved ones around.

And then I end up less rejuvenated than I would have wished it would.

This exercise will give us an important 1st Key to change this.

And that key is **Intention.**





WORKSHEET 1

INTUITIVE INTENTION

QUESTION #1: Connecting with the area of **Family & Loved Ones**. Ask yourself these questions: What is it that I most yearn for in this area? What do I most desire to experience, express, create and contribute? During the Christmas Holidays? Allowing yourself to feel and sense the responses.

A large, empty rectangular box with a light gray background, intended for the user to write their responses to the first question.

QUESTION #2: Connecting with the area of **Love & SelfCare**. Ask yourself these questions: What is it that I most yearn for in this area? What do I most desire to experience, express, create and contribute? During the Christmas Holidays? Allowing yourself to feel and sense the responses, what's coming up for you.

A large, empty rectangular box with a light gray background, intended for the user to write their responses to the second question.



WORKSHEET 2

INTENTION STATEMENT

INSTRUCTIONS: Create here your Intention Statement

A large, empty rectangular area with a light gray background, intended for the user to write their Intention Statement.



WORKSHEET 3

CONCRETE INSPIRATION

QUESTION #1: Concrete inspiration in the area of **Family & Loved Ones**.

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QUESTION #2: Concrete Inspiration in the area **Love & SelfCare**.

A large, empty rectangular box with a light gray background, intended for the user to write their response to Question #2.



WORKSHEET 5

INTENTION STATEMENT

A large, empty rectangular area with a light gray background, intended for writing the intention statement.



*“To Be who You came here to Be.
To Do what You came here to Do.”*

MEET THE AUTHOR

QUIRINE VOSMAER

I don't always look like this.
But I like some fun!

And I love deep personal work. Healing, Spacing
through the cosmos, deep bodywork and
practically coaching. Wanna know more? Check
out my websiet on QuirineVosmaer.com

HAVE QUESTIONS?

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TO FEEL, TO HEAL, TO ALLOW
TO BRING ALL THAT YOU ARE TO
THE STAGE
ALL YOU CAME HERE TO BE
YOUR SHADOW & YOUR LIGHT
TO UNDERSTAND, TO USE & TO BE
FOR YOU & FOR THE BETTER
GOOD OF ALL

LOVE TO MEET YOU

...

QUIRINE VOSMAER