

*Your Stress-Less Holiday*

Guided Visualization Worksheet (to accompany guided recording)

1. PEACE

2. HARMONY

3. LAUGHTER

4. LOVE

List the names of up to 4 people you desire to share a loving connection with this holiday season:

- 1.
- 2.
- 3.
- 4.

List 2 things you LOVE about YOURSELF:

- 1.
- 2.

*Wishing You and Yours a Very Happy Holiday Season Filled with  
Peace, Harmony, Laughter & Love,*

*Amanda*