

# Things You Actually Can Control This Christmas

1. Your words
2. Your thoughts
3. What you'll stand for
4. What you won't stand for
5. How you treat other people
6. How you treat your own self
7. The temptation to go overboard
8. How often you "should" yourself
9. The accusations of your inner critic
10. Which commitments to keep or cancel
11. How much peace you'll have over imperfection
12. That annoying inner urge to be Martha Stewart
13. How much weight you give other people's opinions
14. Your willingness to see that there's still good in the world
15. Your temptation to compare yourself to strangers on Instagram
16. How loud you'll sing the Christmas carols (HINT: as loud as you want)
17. How often you'll remind yourself of the Reason for this Season
18. Your plan to ask Amazon to send you one of everything
19. How much time you spend stressing out on Pinterest
20. Your willingness to believe Jesus' deep love for you
21. Your appetite (Just kidding. Eat another cookie.)
22. The amount of grace you give yourself
23. The amount of grace you give others
24. How much time you give to worry
25. How much time you give to God
26. How often you say "I love you"
27. Where you'll fix your eyes
28. Your gratefulness
29. Your generosity
30. Your reactions
31. Your attitude