

**This holiday season, I will spend my time,  
talent and treasure in keeping with my values  
of \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.**  
value value value

**I will focus on joyful activities including  
\_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_  
to promote my own thriving and the well-being  
of \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
activity activity activity  
friend/family/cause friend/family/cause friend/family/cause**

**and the many others I want to support.**

**Here's to *Consuming Happiness***