

# Be Financially Fit This Holiday Season

DECEMBER 2023

PHYSICAL

EMOTIONAL

SOCIAL

FINANCIAL

GROWTH

ENVIRONMENTAL



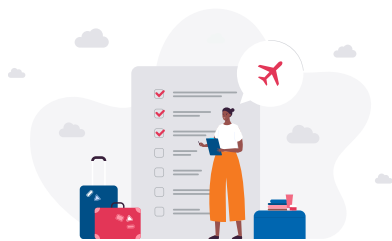
Create a budget for holiday spending – and stick to it



Personalize gifts instead of buying expensive gifts



Think experiences, not things



Plan your holiday shopping before you go



Volunteer for a holiday cause you care about



Plan your holiday schedule, don't over-commit and be sure to include some "down time" just for you!

Check out this year's Way to Wellness topics and [download](#) our 2023 companion calendar with more great tips and challenges to track for each month. Stay tuned for upcoming topics!