

Those Special Days

Preparing for holidays and other special days

Check the special days that were important to you and your loved ones.

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|---|--|--|--|
| <input type="checkbox"/> New Year's | <input type="checkbox"/> Father's Day | <input type="checkbox"/> Yom Kippur | <input type="checkbox"/> Death Anniversary |
| <input type="checkbox"/> Valentines Day | <input type="checkbox"/> Memorial Day | <input type="checkbox"/> Veteran's Day | <input type="checkbox"/> Wedding Anniversary |
| <input type="checkbox"/> Passover | <input type="checkbox"/> 4 th of July | <input type="checkbox"/> Thanksgiving | <input type="checkbox"/> Vacation Days |
| <input type="checkbox"/> Easter | <input type="checkbox"/> Labor Day | <input type="checkbox"/> Christmas | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Mother's Day | <input type="checkbox"/> Rosh Hashanah | <input type="checkbox"/> Birthdays | <input type="checkbox"/> _____ |

Take one special day (the one you feel will be the most difficult or the next one to occur) and write down how you will spend the day. Be specific as to persons and places involved.

Special Day _____

Morning _____

Noon _____

Afternoon _____

Evening _____

Suggestions:

- Call friends to come for lunch and spend the afternoon together
- Spend it with the children
- Eat out with friends or relatives
- Go to the movie, shopping, or to a concert
- Call family or friends on the telephone
- Have a covered-dish meal with family or friends
- Go out of town for the day
- Spend it alone and pamper yourself doing something you enjoy
- Go into work
- Accept the first invitation you get
- Fill your house with people
- Spend the day with someone else who might otherwise be lonely
