# The Holiday *Wind-Down*

A DISRUPTHER GUIDE TO CLOSING OUT 2026



Try these practices when you have ten quiet minutes. Start with the one you need most and come back to the others when you have room.

## *01 / Protect one stretch of rest*

Put a quiet half hour on your calendar. Decide what you can decline, delegate, or leave early so you can keep it. Try saying, “I can come for dinner, and I’ll head home at seven.”

## *02 / Get the open loops out of your head*

Write down what keeps coming to mind. Mark each item “before January,” “in January,” or “release.” Give the January items a place on your calendar or list so you can put them down for now.

## *03 / Give yourself room to feel*

Name something you enjoyed and something that was hard. If you’re missing someone, consider a small way to honor them, like playing a favorite song or telling a story about them.

## *04 / Pause and pray*

Read Matthew 11:28 slowly. Ask God what you’re carrying that needs care and what you can set down. Sit quietly for a minute before you write what comes up.

# *Make room for January.*

Set a timer for ten minutes. Use these prompts to name what you need as you close out this year. Finish by choosing one small action for your first week of January.

**One thing I'm grateful for from 2026**

**Something I'm ready to set down**

**A boundary or practice that will help me rest**

**What I want to give my attention to in January**

**One small action I'll take and when**

### *A prayer for the transition*

Lord, thank You for carrying me through this year. Give me wisdom to know what to release, grace to receive the rest I need, and clarity for my next right move. Amen.