SMART MOM EDIT

Kind No Scripts Card

Short, warm ways to decline in December, plus a quick decision filter. Keep this card handy when invitations arrive.

Scripts

[ ] Party: Thank you so much for thinking of us. We are keeping December pretty quiet this year, so we will have to pass this time.
[ ] Volunteer: I appreciate you asking. Our calendar is already full for December, so I need to sit this one out.
[ ] Family: We love spending time with you, and we are keeping Christmas week calm for the kids. Can we plan a get together in January instead?
[ ] Last minute: Thanks for letting me know. We already have plans that day, so we cannot make it.
[ ] Gift exchange: We are keeping gifts simple this year, so we are going to sit this exchange out.

Decision filter

[ ] Does this fit our traditions, or is it just an obligation?
[ ] Do we have time without losing sleep or rest?
[ ] Will I feel glad we went, or only relieved it is over?
[ ] If I say yes, what will I have to give up?