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Better With Age

Is the American dream still attainable?

11th annual American Family Survey shows concern over cost of raising kids, inflation and more

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DESERET NEWS

Meet a financial adviser who doesn't really care about money

Carl Richards' sketches are designed to spark conversations about what matters most in your life

By Lee Benson
Deseret News

Scott G Winterton, Deseret News
Carl Richards, author and financial adviser, discusses his new book, "Your Money," at his Park City home on Monday, Oct. 13, 2025.

"I don't really care about money," says Carl Richards.

It's not exactly the first thing you expect to hear from a man who makes his living talking about money.

Then, when he goes on to say, "What I care about is that money is a portal into people's souls, a way to get them talking about what they really care about," you know this is not a person trying to sell you a portfolio on the S&P or get you to invest in a new tech startup.

His unconventional message is the focus of a new book: "Your Money: Reimagining Wealth in 101 Simple Sketches."

Open his book to a page, any page, and there, right in front of you, is a sketch designed to get you thinking deeply about what matters most to you in life.

He calls the sketches "conversation grenades."

The next thing you know, you're talking about why you do the things you do instead of how much you have, or don't have, in the bank.

Is there a market for this "let's talk about money by not talking about money" approach? Carl certainly thinks so. He's made it his life's work. This is his third book on the subject (following "The Behavior Gap" in 2012 and "The One-page Financial Plan" in 2015).

Along with that, there's his "The Sketch Guy" column that ran for 10 years in The New York Times; his podcast, "Behavior Gap Radio"; the bimonthly retreats he hosts in the Park City mountains; his "Society of Advice" phone calls; and the dozens of speeches and presentations he gives every year. You can even buy frameable copies of his sketches on his website, behaviorgap.com.

Carl has created a space heretofore unfilled in the financial adviser world, with himself as CCO — chief conversation officer.

"I just want to be a conversation starter," he says. "It feels like we've lost the plot in so many ways, where money and work have become the organizing force of our lives. Then you get to the top of the mountain and find a void and ask, 'Is this all it was for?'

"How we spend our money and our time tells us a lot about what we value. How do I align my use of capital with what's actually important to me? How do I deal with that gap? That's what the work is all about."

It's having the conversation that matters, he stresses. "So much of it is magic I can't take any credit for. I just try to expose people to places and questions that allow them to ask a deeper, more meaningful question of themselves. I'm not trying to tell anyone how to live, I don't want to be judgmental. I'm making all the mistakes too, I'm walking down the same path as everyone else. This is just an adventure journal."

Tracing "The Behavior Gap" and its unique philosophies to its beginnings, Carl entering the financial world was a complete fluke.

Thirty years ago, he was a student at the University of Utah, studying organizational behavior, and needed some part-time work to help pay tuition. He applied for a job working at night as a security guard. Or so he thought. "The ad actually said 'securities,'" Carl remembers. "So I wound up answering phones at Fidelity's big call center in Salt Lake. I suddenly found myself in the finance industry. I figured it would be just a stopover into getting into some kind of consulting or organizational behavior."

Instead, as he explains on his website, "That slight misstep sparked a lifelong dedication to reshaping how we think about money."

But he's never really left his organizational behavior roots. Never stopped musing more about *why* we do things than *what* we do; never stopped looking for ways "to really help people figure out how to live life wide open." Himself included.

"It's like what (Stephen R.) Covey said: the last thing you want to do is climb a ladder, only to realize when you get to the top it's leaning against the wrong wall."

Money, in Carl Richards's world, is a way to talk about making sure that doesn't happen.


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DESERET NEWS

Sticker shock: Is the American dream still attainable?

11th annual American Family Survey shows concern over cost of raising kids, inflation and more

By Lois M. Collins
Deseret News

Lina Hardman does most of the shopping for her six-member Sandy, Utah, family. So she wasn't surprised — though she was a bit amused and also sympathetic — when her husband, Nathaniel, recently got sticker shock while shopping for new shoes.

The price he had in the back of his mind and the price on the shoe in his hand were surprisingly far apart.

His feelings about that put him in very good company.

Prices — from housing to food, utilities and other goods and services families routinely need — have risen faster than many incomes. And the high cost of family life is a big challenge, according to the latest American Family Survey.

The nationally representative poll found just over 7 in 10 U.S. adults say raising kids is not affordable. The point is further driven home by other data. The finding crosses party lines, income levels and race-ethnicity as a "defining challenge" for families.

Conducted by YouGov for Brigham Young University's Wheatley Institute, BYU's Center for the Study of Elections and Democracy and Deseret News, the survey focuses on how families live, including attitudes across a range of topics from social media to foreign trade and social policy. Adults share how families spend time, what they value and their views on marriage and hot-button topics like birthright citizenship, immigration and pornography. The most recent edition was conducted Aug. 16-18, 2025, and includes 3,000 responses. The margin of error is plus or minus 2.1 percentage points.

The survey was released on Nov. 14. at Brookings Institution in Washington, D.C., Friday morning.

Three themes emerged this year as particularly salient to families: economics and the cost of raising kids; the impact of technologies like social media, artificial intelligence and porn; and changing social norms around family and marriage.

Financial issues are a clear flashpoint, with the single biggest year-to-year jump in worry over the affordability of child rearing in the survey's 11-year history.

Kristin Murphy, Deseret News
Anika, Seth, Adam, Nathaniel, Kari and Lina Hardman eat dinner at home in Sandy on Tuesday, Nov. 4, 2025. Nathaniel made homemade empanadas for Lina's birthday.

Financial fretting

The high cost of family life was chosen almost twice as often as the next two items when adults were asked to pick their top three concerns from a list. Add in other economic worries, like whether good jobs are available or impact of work-related stress, and two-thirds chose economic issues. It's also the most important reason adults list for limiting the number of children they have or plan on at a time when much of the world, including the U.S., ponders how to boost falling fertility rates.

Inflation has 53% "very" worried about it, another 33% "somewhat" worried — although there's a clear partisan twist. When Democrat Joe Biden was president, 70% of Republicans and 40% of Democrats were "very" worried. With Republican Donald Trump in the White House, the numbers flipped and 64% of Democrats and 38% of Republicans say that.

For many, money worries are real life. More than one-third of adults said they experienced an economic crisis within the last year — and among those with household incomes below $40,000, half did. Households with children are more vulnerable, the survey found.

The survey couldn't identify all the causes for the dramatic jump in concern over costs, said Jeremy C. Pope, study co-investigator and senior scholar at the center, Wheatley fellow and political science professor at BYU. But he said inflation undoubtedly plays a role. "Something has happened in the last few years that has caused more and more people to think children just aren't very affordable."

He calls inflation "a really big deal to people across the political spectrum. I'm not sure incomes have caught up with the level of inflation and I think as they're staring at family trips, Christmas, even some of the week to week, they're saying, 'Can we do that this year?'"

Pope thinks economic angst is also related, at least for young adults, to how hard it has become to afford a house, long deemed a cornerstone of the "American dream."

Study co-investigator Christopher F. Karpowitz, political science professor and senior scholar at BYU's Center for the Study of Elections and Democracy, agrees. He said homeowners are more worried about finances and affordability overall than those who are not homeowners and noted middle-income and high-income people are also concerned.

The challenge is visible in data from the National Association of Realtors, which just announced the median age of the average first-time homebuyer is 40, compared to 33 in 2020. The group noted that "delayed or denied homeownership until age 40 instead of 30 can mean losing roughly $150,000 in equity on a typical starter home."

"It's kind of a shocking number," Jessica Lautz, deputy chief economist and association vice president of research, told Fortune. "It's really been in recent years that we've seen this steep climb."

That concerns Nathaniel Hardman, too. "I think about how well my kids will be able to launch out on their own as the cost of housing has gotten so high."

Do taxes, tariffs spell trouble?

American families worry about a lot more than expenses related to kids. A majority are at least "somewhat" and sometimes "very" worried about inflation (86%), but also rising taxes (78%), tariffs (71%), interest rates (69%), national debt (65%), lack of government support (52%) and unemployment (51%).

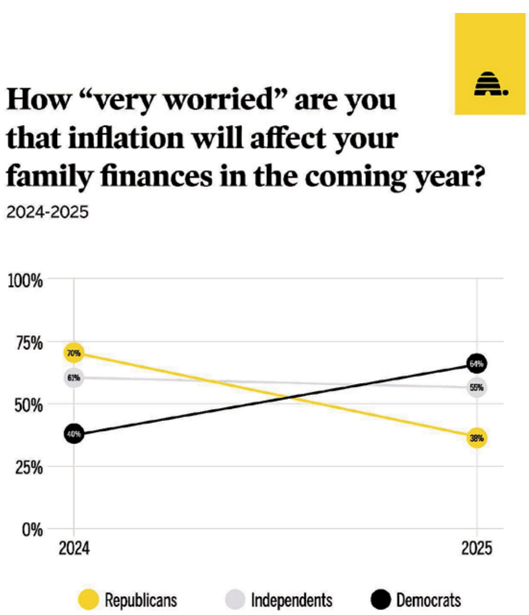
Taxes and tariffs also "cut into household budgets and make goods and services less affordable," the report notes.

Pope believes most people hadn't felt an effect from tariffs when the survey was conducted, though they may later when they realize they like buying inexpensive things, if that becomes harder to do.

The survey found partisan differences in concern about tariffs, with 60% of Democrats "very worried," compared to 37% of independents and 15% of Republicans. The report deems it probable that Trump champions tariffs, so "Republicans do not want to believe tariffs could possibly hurt them — though since tariffs are really just a specific form of tax, this is obviously inconsistent with almost 4 in 10 Republicans who see higher taxes as a worry. Democrats' concerns are also likely magnified by their opposition to the Trump administration."

Nearly three-fourths of American adults believe trade is good, whether you sort the data by politics, education or income. Just 7% believe trade is bad for American families.

Pope said it's likely respondents don't realize the national debt totals roughly the country's gross domestic product. "It's hard for me not to worry that in the very near future, we're going to have some kind of significant fiscal crisis that exacerbates all of this. But I don't think I have seen any evidence in public opinion numbers that people really worry about the national debt," Pope said.



SOURCE: American Family Survey 2025

Kristin Murphy, Deseret News
Lina Hardman watches as Anika Hardman puts Kari Hardman's hair into a bun for dance rehearsal at home in Sandy on Tuesday, Nov. 4, 2025.

Should government help?

The survey asked about support for government policies to help families financially and found nearly half of Americans (49%) like both money paid directly to families like larger tax credits and investments in programs like day care.

Pope said young adults seem more open in this survey to creating institutions and programs, rather than just sending checks to help families. "I think the tension with that is they're developing more progressive attitudes at a moment when I think it's less and less likely government can accomplish those things and can build the institutions, such as universal child care. That's a big and interesting change. I just don't know how it's possible given our financial circumstances."

The survey found most do not want aid to low-income families tied to parental marital status.

The share of adults who think marriage is needed for families to thrive has been declining over the years of the survey and "people now appear to be more interested in commitment as a value than marriage as an institution," per the report.

Karpowitz said that "few reject marriage outright as a societal good, but that view's definitely softening over time."

The report calls it "notable" that fewer adults recognize married couples tend to have higher household incomes. And it notes the incremental shifts in attitude since the survey began have added up.

Many who study families say the value a good marriage adds should not be overlooked.

"Stable, healthy marriages are beneficial to families. Having a supportive, highly engaged spouse promotes well-being and satisfaction among parents, and being raised by parents who are committed to one another and invested in shared goals provides a foundation for children to be supported — and ultimately thrive in a family environment where they will be nurtured and loved," Richard J. Petts, a Ball State University sociologist and senior scholar at the Council on Contemporary Families, told Deseret News.

Opposition to direct assistance or program investment dropped about 10 percentage points since 2021. Opposition to supporting families with some government policies fell about 20 percentage points among Republicans and nearly 15 for independents. Democrats already largely favored supports.

Fewer than 1 in 5 oppose universal day care and increased child tax credits, while about a quarter don't take sides. Another quarter oppose direct payments to parents who care for their children at home; 44% favor that to some degree.

More Democrats (81%) support universal child care than do Republicans (34%) or independents (49%).

Younger adults are generally more supportive of aid to low-income parents, while those over 65 in larger numbers largely reject all such aid. Of those supporting aid, "most felt that it should not be dependent on marital status."

When crisis hits home

Every year, the survey asks if people have experienced any of six economic challenges: being hungry but unable to afford enough food, not paying the full amount of an important bill, borrowing or receiving money from a friend or relative to help pay bills, moving in with others because of finances, staying in a shelter or sleeping in a car or abandoned building or whether someone in the household chose not to get needed medical care due to cost.

In the earliest days of the survey, as many as 40% said they'd had at least one such crisis. With pandemic financial assistance, the number dropped significantly. This year, 35% said they'd experienced at least one.

The survey finds lots of difference in who experienced them. Half of those with incomes below $40,000 said yes. But even among those with incomes of $80,000 or more, more than 1 in 5 had such an experience within the last year.

Since 2016, unmarried Americans have consistently been more apt than married counterparts to have had money trouble. This year, 39% reported at least one recent economic crisis, compared to 29% of married Americans. The report calls mar-

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Kristin Murphy, Deseret News
Adam Hardman, 5, helps unload the dishwasher as his father and brother make dinner at home in Sandy on Tuesday, Nov. 4, 2025.

riage a "stabilizing factor against economic hardship, though neither group is immune to broader financial volatility."

In the last year, 44% of Black and 42% of Hispanic Americans said they'd had such a crisis, compared to 31% of White and 25% of Asian Americans.

"The persistent disparities highlight how long-standing structural inequities — such as those tied to income, employment opportunities and wealth accumulation — continue to shape economic vulnerability in the United States," the report said.

Those with children at home have also been consistently more likely to have such a crisis than those without, though the gap has narrowed. In this survey, 39% of households with children had at least one such crisis compared to 34% of childless households.

Nearly a third reported they couldn't make it even a month on savings alone. For the unemployed, 38% said savings would last less than four weeks, but it wasn't really longer for 29% of those who are employed. Of those not working, 32% said they could make it at least six months, as could 29% of the employed.

What families face

The Hardman children are Anika, 15; Seth, 13; Kari, 10; and Adam, 5. Lina and Nathaniel married 19 years ago, having met when they lived in the same apartment building in college.

Now he's a data scientist and she is, for the most part, a stay-at-home mom, though she works a few hours a week. They are very aware of the challenges U.S. families may face.

While cost of raising a family was the top issue when survey respondents were asked to pick the three most important issues facing families in general from a list, it certainly isn't the only one, though 49% chose it.

Other top choices for families in general included violence or abuse within a family (28%), high work demands and stress on parents (25%), social media and other tech (23%), children growing up without two parents at home (also 23%) and lack of good jobs or wages (22%).

The results were different when the survey asked about important issues facing one's own family.

Karpowitz was struck by the finding that only 9% chose differences or disagreements between family members when pondering families in general, but 21% said it's a big concern in their own.

Mental or physical health struggles was the top choice (31%) when considering one's own family, followed by cost of raising a family (25%), lack of good jobs or wages (23%), tension or disagreements between family members (21%) and a tie between high work demands for parents and social media and other tech (both 17%).

While mental or physical health struggles were the top issue within one's own family, even outpacing costs, just 21% picked that for families in general.

"I think we're seeing a lot of economic turmoil in the lives of American families. It's not the only kind of turmoil. And there are other things that matter, like mental and physical health struggles, but those two things are not unrelated," Karpowitz said. "One of the reasons you might feel anxiety or concern of some sort, mental or health struggles, is you have economic stress in your life. I think that's important to recognize."

Karpowitz emphasized how little difference was found between Democrats and Republicans thinking about their own families and concerns. But for "the family" writ large, they highlight different things. One area where the survey has shown a bigger difference is in religious attendance, he said. Republicans go to services more than Democrats do.

Family life

The Hardmans are excited to see who their children will become as adults, but have expectations. Growing up, Nathaniel knew his parents couldn't afford to put him through college, so he worked hard to get a scholarship. He and Lina hope their children will earn scholarships, too. They feel it's important their children contribute to their future.

They've been creative in helping them. That was the genesis of date nights where neighborhood couples leave their children at the Hardman home. The kids get dinner, a movie and play with other kids. Anika babysits, with backup. It lets her contribute to the cost of her extracurricular sports activities despite her busy schedule.

Lina didn't like chores growing up, but came to appreciate them. "I've heard that's one of the biggest indicators of being successful as an adult," she said.

They assign simple, fast chores the kids can do right after school, rotating them. Nathaniel said they also do a nightly blitz where they try to work on things simultaneously.

For fun, they may play frisbee as a family or go on hikes. They like board games and having company. Reading is still a favorite group pastime. "My husband's really good at reading books with different voices and making it fun," Lina said, "and he even read to my oldest two until just in the last couple of years when they were too busy. He still does that a little bit."

The goals for this American family include teaching their children the value of hard work and of both saving and sharing what they earn with their labor.

They go to church weekly, even on vacation and hope their children will always do that, too. They mostly manage to pray together and read scriptures every night. While religion appears to be slipping nationally, the Hardman parents believe it's vital, from being connected to good role models to giving time to "things that might help you know God or Jesus Christ more and see their hand in your life," as Lina put it. "We appreciate a lot of opportunities we had growing up that helped us feel that and we want that for our kids."

Said Nathaniel, "Ultimately, our kids will have to take care of themselves one day and be out on their own and we won't be able to set rules for them or compel them to make right decisions."

They're preparing them now.

Would you rather the government assist families by…

	All	Democrats	Independents	Republicans
Give money directly to parents	17%	10%	14%	26%
Spend money for programs and institutions	20%	25%	15%	18%
Both	49%	59%	55%	34%
Neither	14%	6%	15%	21%

NOTE: Numbers may not add up to 100% due to rounding.

SOURCE: American Family Survey 2025

How worried are you that the following will affect your family finances in the coming year?

	Somewhat worried	Very worried
Inflation	33%	53%
Rising taxes	37%	41%
Tariffs	32%	39%
Interest rates	39%	30%
National debt	39%	26%
Lack of government support	24%	28%
Unemployment	27%	24%

SOURCE: American Family Survey 2025

DESERET NEWS

How a stressed-out therapist found the keys to happiness

Faced with chronic stress, he studied what makes people happy to help himself and others

By Lois M. Collins
Deseret News

Mosier family photo
Therapist Tony Mosier went through a high-stress year that led him to take a deep dive into happiness research.

Marriage and family therapist Tony Mosier went through a rough patch where he felt joy was elusive. He wasn't as happy as he wanted to be because of a personal crisis and had "difficulty in finding lasting and sustained happiness."

Life was a chronic-stress whirlpool for about a year, he noted. He wanted something different.

His work as a therapist also put him in touch with others who needed to boost their happiness. So the self-proclaimed "data nerd" — "I believe in research" — set out to absorb the plethora of studies that had been conducted on what improves happiness and what people can do to harness its power.

"My whole career I've spent dealing with families that are in crisis and they're desperate for happiness for their own child," he said.

He wanted to know what stringent research really showed. When you talk to people, they see happiness through their own familiar lens, he said in an interview. His dad is religious and would say to pray. An athlete would say "go train" for something. A Zen Buddhist would likely recommend meditation.

In late October, he distilled some of what he learned about improving one's sense of well-being, crediting the book "The How of Happiness" by Sonja Lyubomirsky for the actual list, but adding his own ideas, experiences and research during a presentation at the Utah Fall Conference on Substance Use, held in St. George. The Deseret News asked him to elaborate on his presentation and what part of happiness can be crafted.

He also created a happiness assessment that anyone can use to see if the principles that promote happiness are "hard-baked into the environment" where one wants to see improvement.

At work, at school, at home, or church, in a youth group or pretty much anywhere at all, "logic would suggest that if you can start to really intentionally bring in some more of the principles, then the people in that environment are going to, as a natural byproduct, be happier," Mosier said.

He warned the packed room at the conference that trying to master all of the steps simultaneously is not only daunting, but has potential to be defeating. "Choose two or three things to work on at once," he said. "If you do too much, you'll do nothing."

Best of all, the steps to happiness are all simple, he added. And shockingly inexpensive, too.

The myths of happiness

There are myths and misunderstandings related to happiness. A big one is the idea that happiness is out there somewhere and you have to go find it.

"If you look at these 12 things, they're all right in front of your face and they're applicable today. You don't have to go anywhere to find it or learn it," he said. "It's just about applying it."

The other big myth is that you either have it or you don't. "Reality is you can get it," he said.

Each person has a baseline temperament, but it's malleable with some effort, according to Mosier, chief operating officer and cofounder of Telos, a youth and young adult mental health treatment program in Orem, Utah. He said research shows that half of one's happiness is genetic, 10% is circumstance and 40% can be molded by applying happiness-growing principles.

"We can't always control our circumstances and we certainly can't control our genetics, but we have this 40% solution right in front of us and that's a pretty big lever to be able to change your happiness level."

The steps to happiness

Here are the 12 suggestions, with an explanation from Mosier on how they boost happiness. With the exception of the first one, he said, they're in no particular order:

Express gratitude. That's No. 1 for creating happiness, Mosier said, "because when I really step outside of myself and look at my problems, they're such first world problems."

He said that "study after study finds that in almost all cases, no matter how bad or how good someone has it, they find problems. It's the way our brains are wired.

"Somebody gives you a Mercedes and it's like, 'Oh yeah, but you know, the seats aren't very comfortable.'"

Cultivate optimism. Mosier admits he was by nature a little pessimistic, probably because he's a little anxious by nature, too. But he's learned that "much of success is just looking at something and saying, 'Why not me?'" Even cooler, he noted, is the fact optimism is a choice.

He said that lots of people catastrophize and worry about the future, but if you consider how many people die from disease, violence or war, "we really are in the best time in the history of the Earth. We have it so much better than at any other time."

Stop overthinking and comparing. Social media drives many of the trips down the rabbit hole, because you can find people who are better looking, seem a little happier, have kids at Yale on scholarship and possess perfect teeth, Mosier said. It's an invitation to think, "I'm kind of a mess, I'm so far behind."

And it's not healthy.

He also cautions against the cascade that comes from "catastrophizing and awfulizing." On your way into the office you see that staffers have walked past a soda can and other garbage on the ground. How irresponsible. What if people think you're a shabby company? The business could close. You could lose your job. And then your home. You might end up strung out on drugs.

"If you can find a way not to do that, that's better," he said.

Do kind things for others. Studies show that when you do something against your value system, your serotonin drops by 45%. Serotonin is vital to mood regulation, contributing to happiness, well-being and contentment. Low levels contribute to depression, anxiety and mood disorders.

Doing the opposite — showing kindness and generosity — releases serotonin. Mosier said that "when you do that habitually, you become a happier person in general."

A study of women who had multiple sclerosis divided them into two groups, one assigned to call and check up on the other and one group assigned to be checked up on. Those doing the service ended up happier than those receiving the service.

Mind and feed your relationships. "Those who are isolated and alone really struggle to be happy, including introverts," Mosier said. "They need to have people in their lives, too." He noted that some people use AI companions, pornography and gaming sites to meet their need for connection. That doesn't cut it. But real people to talk to and care about is really important. "Having meaningful, real relationships is like magic," Mosier said.

Develop coping strategies. Mosier said you could argue that the other 11 strategies are actually coping strategies. Many decades of research have shown that learning how to interrupt negative thoughts and replace them with healthier thoughts, learning how to do new things and making time to do things "that kind of fill your bucket" are all hugely important.

Forgive. Mosier was surprised how important forgiveness is to a happy life. "There's just something about clinging to the toxicity of hurt and hatred that really takes a toll on a

Zoë Petersen, Deseret News

person's happiness — even if you're justified in holding a grudge. It still impacts your happiness." He likes the old saw that said "holding onto hatred is like taking poison and hoping someone else dies."

Perhaps unexpectedly, research suggests men are more apt to carry grudges than women. He thinks people believe women do it more than men perhaps because they are more willing to talk about it, while men internalize their grudges.

Increase "flow" experiences. A flow experience is something that's completely absorbing and allows you to immerse yourself in a positive way. It could be a hobby or research or almost anything. At the conference, Mosier asked people where they found their flow and heard everything from crocheting to canyoneering.

Savor life's joys. If he were ordering the importance of the list, this one would come in right behind gratitude, Mosier said. The two go well together. People have a tendency to live in the future or in the past, but being fully present and mindful boosts happiness. "Anything that detaches you from the moment will decrease your happiness unless you're detaching because you're distressed and you're actually detaching to feed your soul and cope with something," he said.

Commit to your goals. Studies show having a sense of purpose promotes happiness. Mosier said that "human beings need to continue to evolve and that means discomfort," which some link to unhappiness. It's not true. "Discomfort is necessary for our happiness and that's part of setting goals. You have to work toward them; it takes effort." And it builds happiness.

Practice religion or spirituality. Mosier said to consider two people who are suffering in some way, one with religion or spirituality and one without. Person A sees suffering as horrible, while Person B believes that someone out there in the universe is looking out for him or her and will use the experience to make them stronger. Maybe it's to provide more empathy to help others who suffer.

Religion also connects people to a community, which goes back to nurturing relationships, he said. And religion and spirituality typically boost gratitude, acts of kindness and a health code, among other benefits.

Take care of your body. Mosier said this one may have the most research behind it, including a ton of science surrounding serotonin. And "there's so much science behind what happens just physiologically in your body when you're taking care of it, from nutrition to the gut-brain connection. It's super, super important."

Having learned all this, Mosier reports that he's far happier now. His research paid off.

DESERET NEWS

Here's where you can find Christmas plays and concerts in Utah this year

Christmastime is here — and so are 'The Nutcracker' and many more performances to get you in the holiday spirit

By Valerie Jones
Deseret News

Christmastime is here — and so are "The Nutcracker," "A Christmas Carol," and many more performances to get you in the holiday spirit.

Here's where you can find theater, dance and concerts this Christmas season.

Note: *This list is not all-inclusive and events are subject to change.*

Laura Seitz, Deseret News
Ballet West artists perform during a performance of "The Nutcracker" at the Janet Quinney Lawson Capitol Theatre in Salt Lake City on Wednesday, Dec. 18, 2024.

Christmas theater performances in Utah

Desert Star
- "Scrooged," Now through Jan. 3

Cache Valley Center for the Arts
- "Bandito's Holiday Heist," Dec. 19-23

Tuacahn Amphitheatre
- "Elf the Musical," Now through Dec. 20

Parker Theatre
- "A Christmas Carol," Now through Dec. 24

Egyptian Theatre
- "Park City's Holiday Spectacular and Sing-a-Long," Now through Dec. 21

Draper Historic Theatre
- "Elf the Musical," Now through Dec. 30

Hale Centre Theatre
- "A Christmas Carol," Now through Dec. 27

Heritage Theatre
- "White Christmas," Now through Dec. 20

The Ruth and Nathan Hale Theater
- "A Christmas Carol," Now through Dec. 27

Covey Center for the Arts
- "Jacob Marley's Christmas Carol," Now through Dec. 23
- "A Charlie Brown Christmas: Live on Stage," Dec. 22-23

Hopebox Theatre
- "White Christmas," Now through Dec. 27

Scera Center for the Arts
- "The Best Christmas Pageant Ever: The Musical," Now through Dec. 20

Ziegfeld Theater
- "Elf the Musical," Now through Dec. 22

West Valley Performing Arts Center
- "Star of Wonder," Now through Dec. 20

Christmas concerts in Utah

Conference Center
- "Savior of the World," Now through Dec. 27

Egyptian Theatre
- Kurt Bestor, Dec. 23-25

Eccles Theater
- Kurt Bestor, Dec. 18-20

Abravanel Hall
- Holiday Pops Extravaganza with the Utah Symphony, Dec. 19-20
- "Here Comes Santa Claus!" with the Utah Symphony, Dec. 20
- Nathan Pacheco, Dec. 22
- "Joy to the World: A Sacred Celebration" with Jenny Oaks Baker & Family Four, Dec. 23

Kingsbury Hall
- Postmodern Jukebox — Magic, Moonlight & Mistletoe, Dec. 19

Browning Center at Weber State University
- Holiday Pops Extravaganza in Ogden with the Utah Symphony, Dec. 18

Jeanne Wagner Theatre
- Peter Breinholt, Dec. 19-22

'The Nutcracker' and Christmas dance performances in Utah

Capitol Theatre
- Ballet West's "The Nutcracker," Now through Dec. 27

Grand Theatre
- Odyssey Dance Theatre's "Christmas Spectacular," Dec. 17-23

Peery's Egyptian Theater
- Imagine Ballet Theatre's "The Nutracker," Now through Dec. 20
- "Jazzy Nutcracker," Dec. 17

Kingsbury Hall
- "Clara's Storybook Nutcracker," Dec. 17-18

Covey Center for the Arts
- Utah Metropolitan Ballet's "The Nutcracker," Now through Dec. 20

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