

## The Hottie's Holiday Season sur-THRIVE-al Guide

This worksheet was designed by Paige Schmidt ([Healthy Hits the Spot](#)) and Simi Botic ([The Micro Harvest](#)) for you to use this holiday season. We know December can feel like a parade of work parties, cocktail parties, wrapping parties, cookie decorating parties, ugly Christmas sweater parties, Hallmark movie-watching parties (seeing a theme here? **PARTIES GALORE!**)... which means a lot of sugary treats, salty snacks, boozy beverages, and decadent dishes. So, what's a girl to do? Stick with us! Forget "surviving" the holidays - We designed this worksheet to help all of you hotties **THRIVE** this holiday season.



*This worksheet includes some visualizations. If you want an extra helpful step, get out your journal. Writing things down can be SUPER beneficial.*

### Step #1 - remember what the season is (& isn't!) all about

- The holidays *are* about spending time with family and friends, believing in miracles, staying present in the moment, & giving to those around you; they are *not* the time to make yourself feel tired, icky, stressed, & stuffed.
- There will always be another sugar cookie, bundt cake, gingerbread man, or glass of mulled wine. Today is not your only chance for a treat! Ditch this "last chance" mentality because (1) it's a total beLIEf, and (2) it isn't serving you!

- This magical holiday season comes once a year, but the food is an option every single day. You can make your favorite recipes any time you like! Don't force food onto your body when she is already satisfied/full just because you worry that today is your only chance. Remind yourself that you can enjoy your favorite foods all year.

### Step #2 - nourish your body before & after party time

- Just because you ate a cookie at lunch doesn't mean the day is "ruined." Move away from this all-or-nothing, black-and-white thinking, because it will sabotage your happy & healthy holidays! Instead, practice empowered eating - whether that is enjoying a cookie or enjoying a salad. The choice is yours and the power is yours.
- Nourish your body with regular meals and snacks every day - the whole season! Don't try to to "save room" for a huge meal, cocktail hour, or "calories" before you head out to your party *du jour*. Doing that will ONLY set you up to have a HUGE frantic binge. We're going for "normal eating" this whole season! In order to indulge mindfully in your favorite holiday treats without going over-the-top (& giving yourself a tummy ache from a sugary binge), you need to have regular meals and snacks before and after, too! Do not skip this step.
- Dress to be comfortable & confident. Wear something that you feel good in. Spend a little extra time getting ready in your favorite cozy holiday clothes! Whether it's cute & casual - like boots, skinny jeans, and a sweater - or fun & festive - like your favorite cocktail dress, you're worth the extra time and effort! When you feel good about yourself you will be more likely to treat yourself with love and respect (that includes your food choices)!

### Step #3 - visualize your ideal treats & holiday experience

- As the season picks up, think about your FAVORITE holiday foods. Would it be your grandma's hot cocoa? Your bff's famous peppermint bark? Or something more savory? If you didn't have to think about calories, being "healthy," or anything like that, what would you truly want to eat? Make a list of the wonderful treats that you TRULY enjoy. This is the food that will TRULY satisfy you. Rather than stuffing yourself with foods for a whole month that you don't love, just savor the ones that you do! A few treats here and there will NOT wreck your goals.
- Visualize how you want your holiday to go. Close your eyes and see yourself walking through the door at the bar, office, house, or wherever the celebration. Is it loud? Is it crowded? What's the environment like? Next, think about the food. Where is it? Is the table full? Is it buffet style? Is it a spread of apps or just a dessert tray? What's there? How do you want to feel when you see all of that food? As you're remembering that you can have this food *ANYtime you want it (not just on this day)*, how does the need to have it all now lessen? Visualize yourself looking over all of the snacks, asking yourself what truly sounds good, and putting a few apps on your plate. See yourself sitting down, slowing your body language, leaning away from the table, relaxing into your chair, talking to family/friends/co-workers, and calmly chewing through each bite. *Breath deeply.* Really taste everything. What does that feel like? Visualize yourself staying calm throughout this experience. Remind yourself that you can have fun and

be calm at the same time. It's about your mindset and your body language working together. Visualize how you want to feel *after* the party. Give yourself full permission to enjoy dessert (or whatever the food is in front of you!) the very next time you feel hungry. Remember, calmly, that you don't have to have it all now if you're feeling full already. Visualize yourself saying goodbye to your family/friends/co-workers, giving hugs, and feeling good. Visualize yourself feeling full, but not stuffed. Just about right. How does that feel? How much better do you feel about your calendar full of parties?

#### Step #4 - party-time game plan

- Follow a few practical steps at your party to guarantee success!
  1. Ask yourself what looks the best and get a little bit of everything that sounds GREAT (no limitations);
  2. Eat only from a plate - try not to pick off of the trays or while you're prepping;
  3. Sit down while you nibble instead of hovering over the food;
  4. Focus on the people around you and remind yourself that the food is just secondary to the fun of their presence; &
  5. Sip water in between alcoholic drinks - remind yourself that wine, eggnog, and any other drink is available tomorrow, too!

#### Step #5 - practice "calm" around food

- Visualizing the party before you go will truly make your experience with the decadent holiday treats easier and so much more enjoyable, but we also want to give you a "life-jacket." Pick one single word that you'll remember when you start to feel anxious, hyped up, or rushed around the food. Use the word "**calm**." When things in life start to feel speedy, think of the word "calm" and remember that you don't have to be moving or thinking so fast. Pull yourself back, center her mind, take a few deep breaths, and then move along (just a little bit slower). You may have to repeat your word several times through the night, so pick a word that is simple to remember. Don't worry, we will be right there with you!

Together, let's celebrate this wonderful season without fear, anxiety, or stress about the food around us! wishing you the happiest of holidays!

XO, Your Coaches Paige & Simi