



How to Enjoy Your Holidays without Wearing Them in the New Year

We are approaching a beautiful and joyous time of year: Thanksgiving and Christmas give us the opportunity to spend time with people we love and focus on the blessings in our lives.

But along with the joy and love come many food temptations. Treats abound at home, work, and everywhere we go. Not only that, but “the holidays” have become a reason to over-indulge in our favorite foods.

Will you enjoy your holidays without wearing them come January? If you do not have a plan to navigate the temptations, you could be left feeling defeated and depressed.

This class is going to focus on clear, easy-to-implement strategies to successfully navigate food temptations while allowing yourself to enjoy Thanksgiving and Christmas without guilt.

Class Outline

This class focuses on enjoying the holidays while managing our impulses. We have created a plan for the class to guide you through the lessons that will keep you from wearing those holiday meals next year!

Class components include:

- Developing a New Holiday Mindset
- Creating a Vision Statement of Victory
- Getting on the Success Curve
- Recognizing GM Foods vs MM Foods
- A Strategic Eating Plan
- How ‘Hoe Downs’ Can Help You Stay Fabulously Fit
- How to Stay in the Middle of the Hunger/Full Index (where your blood sugar remains balanced)
- Two Simple Actions that will Make a Big Difference
- Two Pains in Life – One to be Embraced and One to Avoided

Extraordinary Items with this Offer

In addition to the Live Zoom course, you will receive the following bonuses:



A Confidential Class Page for participants only!

- Discussions held during the class are private and can only be viewed by others making the journey with you.
- A sense of community will be built among our group.
- We will support and encourage each other as we choose to make changes.



Easy Access to all Class Resources:

- Powerpoint Presentation for Each Class
- Archived Video for Each Class



An Ebook Bonus Gift

- **Enjoying the Holidays without Wearing them in the New Year** is an Ebook I created *just* for you for this holiday season.
- The strategies in this book can be used to strengthen your goals for any event.
- \$17 value



PDF Digital Workbook

- This workbook is designed to work along with this course and the free Ebook.
- Encourages you to think about each part of the course.
- Empowers you to implement each strategy as we navigate the course together.



Daily Encouragement Tips! Iron sharpens iron!

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