



HOLIDAY SURVIVAL GUIDE

CHECKLIST

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FAMILY GATHERING SURVIVAL TIPS

1. PLAN AHEAD

- ☐ Know what is being served
- ☐ Offer to bring a healthy option
- ☐ Pack a healthy snack
- ☐ Don't show up hungry

2. HYDRATE

- ☐ Drink your daily water

3. SAY NO

- ☐ Practice the 80/20 Rule

4. TASTE

- ☐ Check in with yourself. Would self-care be more appropriate than food?
- ☐ Ask for Healthy Options
- ☐ Slow down & enjoy each bite
- ☐ Savor the moment – It's really about being with family and not so much about food

5. DE-BLOAT & RE-SET

- ☐ Drink your morning elixir
- ☐ Drink your evening chlorophyll drink
- ☐ Move your body daily

“I deserve to enjoy celebrating in the company of my friends and family”

HEALTHY HABITS FOR THE HOLIDAY SEASON

DAILY

- ☐ Morning Lemon Elixir
- ☐ Dry Brush Before Your Shower
- ☐ Eat a Healthy Breakfast
- ☐ Morning Snack
- ☐ Healthy Lunch
- ☐ Afternoon Snack
- ☐ Healthy Dinner
- ☐ Move Your Body
- ☐ Evening Chlorophyll Drink

WEEKLY

- ☐ Take Epsom Salt Bath – 2 times a week
- ☐ Journal – 3 times a week
- ☐ Meditate-3 times a week
- ☐ Practice Self-Care-4/7 times a week

LEMON ELIXIR

1 cup water
½ Lemon, juiced
Dash of cayenne

CHOLORPHYLL DRINK

1 tbs Chlorophyll
12oz Water
1 lemon, juiced

EPSOM SALT BATH

1 cup Epsom salt
1 cup baking soda
10 drops Lavender oil

“I deserve to step away from a stressful situation to focus on myself for 5 minute”