



Save your waistline, bank account and sanity!



Create Your Freedom from Holiday Stress




Create your vision.

- Access your inner-_____
- Prioritize _____ & _____





Opportunity for growth

- _____ for slip-ups 
- _____ vs. _____



Bring mindfulness to the table.

- _____ or _____?
- We're actually having a present moment  here. 
- Quit getting _____



Be in self-responsibility.

- Celebrate _____!
- Quit being the _____

Mantra: I am in choice every minute of every day.



Quit _____ in the middle of the road.

- Do what you love or love what you do or _____ in the first place.
- _____ contest 