

# healthy holidays

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 worksheet

What's the best thing about this holiday?

How do you want to feel on this holiday?

How can you honor this without over-indulgence?

How do you want to feel after eating your holiday meal?

Do you want to avoid eating or drinking something? If so, what?

What will you do when you feel the urge for that thing?

Will you need to say no to someone?

How will you say no? Write it down, then say it out loud 3 times.

What can you do on the day after to balance things out?

