Preparing for 8 Weeks of Hell

Your No-Bullshit Reset for a Happier Holiday Season

Week 1	Thoughts?
Remove Shit from Your List	
Hug a Tree	
Savor Autumn	
Week 2	**How's it going?**
Pick One Recipe	
Ask Your Spirit Team	
Find Your Gift	
Week 3	**What did you learn?**
Make the Pecan Pie	
Smell the Cinnamon Rolls	
You're Worth It	