



Not a Survivor's Guide

It's a KICK BUTT Guide to Conquering the

Holiday Season



(Thanksgiving → New Year's Edition)

The holidays aren't something to "survive." They're meant to be enjoyed! Enjoy without guilt, chaos, or feeling controlled by food. This guide will help you stay

empowered, intentional, and confident while still savoring the season and focusing your energy with the ones you love.

To get the most out of this guide, listen to Episode 8 – Rewriting Your Relationship with Food. Take what works, leave out what doesn't. This is YOUR journey.

✓ Step 1 — Set Your Holiday Intention

Before the season kicks off, ask yourself: - How do I want to *feel* this holiday season? What matters most to me:

- Connection
- Memories
- Rest
- Nourishment

What would a “Kick Butt” season look like? Write it down!

My intention for this holiday season:

✓ Step 2 — Rewriting Holiday Food Beliefs

Circle any that resonate:

“I have to eat everything I’m offered.”

“It’s rude to say no.”

“Holiday food doesn’t count.”

“I already messed up, may as well keep going.”

“I’m starting over January 1st.”

Now rewrite them.

Old belief: _____

New empowering belief: _____

Examples: “I’m allowed to honor my fullness.”

“Food is part of the experience, not the whole experience.”

“I don’t need permission to care for myself.”

✓ Step 3 — The Six Holiday Power Strategies

Use these between Thanksgiving & New Year's:

- 1. Prioritize Protein** - Aim to include protein at each meal & party plate. - Helps stabilize energy, cravings, mood.
- 2. Gum, Mints, or Brush Post-Meal** - Signals eating is done *great after gatherings.
- 3. Warm Drink or Electrolytes First** - Sometimes cravings = dehydration or comfort seeking.
- 4. Pause 20 Minutes** - If you still want it → permission granted.
- 5. Add Crunch & Chew** - If you're drinking shakes or soft foods.
- 6. Check Electrolytes Before Chips** - Especially during travel or higher activity.

✓ **BONUS:** Try a **Monk Meal** once a week - No distractions - Eat slowly - Listen for fullness cues - Journal afterward. (Refer back to Episode 8 for instructions.)

✓ Holiday Event Checklist

Before the party: -

- ⇒ Did I hydrate?
- ⇒ Did I eat protein today?
- ⇒ Am I stressed, tired, or emotional?
- ⇒ What do I actually want from this event

During: Check in halfway

- ⇒ How does my body feel?
- ⇒ Choose foods I *truly* want
- ⇒ Enjoy without multitasking

After: No guilt and reflect with curiosity

✓ The Leftovers Strategy

Ask:

⇒ Do I want this later, or am I keeping it out of obligation?

⇒ Would freezing, sharing, or tossing support me better?

Permission granted to: ☒ Save it ☒ Give it away ☒ Let it go

✓ Holiday Emotional Craving Decoder

You may be craving...

⇒ Comfort → call a loved one

⇒ Joy → music, candles, fresh air

⇒ Rest → take a nap

⇒ Connection → invite someone for a walk

Not all cravings are food cravings.

✓ When Travel Disrupts Your Routine

Pack:

⇒ Electrolytes

⇒ Reusable water bottle

⇒ Protein snacks

⇒ Magnesium if needed

⇒ Mints or gum

Your goal isn't perfection ⇒ it's support.

✓ The January 1st Mindset Shift

Instead of: "New Year, new me."

Try: "New Year, same me...just continuing to grow."

You aren't starting over. You're leveling up!

✓ Weekly Holiday Reflection

This week I felt: _____

One win: _____

One challenge: _____

What I learned: _____

One thing I want to try next week: _____

✓ Affirmations for a Kick Butt Season

- I can enjoy food without losing myself in it.
 - My worth has nothing to do with what I eat.
 - I honor my hunger, and I honor my fullness.
 - I'm allowed to rest, choose, and change my mind.
 - Holiday joy is bigger than the food table.
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✓ Final Reminder

You don't need willpower.

You need **awareness + intention + compassion.**

You are fully capable of enjoying the holidays AND supporting your well-being. And we're cheering for you the whole way. 🧡

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