

# Five Step Plan to get Through the Holidays

*"Nature provides a free lunch, but only if we control our appetites."*

*~ William Ruckelshaus, American Lawyer*

## Staying in Control During the Holidays Can be Difficult

Awash in a sea of goodies and floating on an ocean of memories and temptation, it can feel downright impossible to move forward on your goals during this time of year. To that end, **here are five simple tips to help you prevent from looking like Jolly Saint Nick come January first.**

### Define Your Intention

**Firstly, determine what would be your definition of success come the new year - but be honest with yourself.**

Remember "situation-specific goals." What works in March might not be appropriate for the holidays. Setting an impracticable goal and falling short makes you more inclined to give up completely.

Set your intention here:

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### Make a Safe Environment

**Hide or remove foods you cannot YET control. Stock up on those you're using to substitute for your old ways.**

You cannot eat what you don't have. For example, temptations need to be removed. Conversely, make sure your environment has what you need to eat according to your plan.

Which food(s) are your removing from your environment?  
Which foods(s) will you make sure you have?

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### Reserve time for yourself.



**Take five or ten minutes and slow yourself down whenever you can.**

Since we tend to engage in comfort habits when we're more stressed, the urge to eat more increases during hectic times. Time for yourself minimizes those.

Write down what time of day you'll reserve for yourself - and what you'll do in that time.

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### Wait Five Minutes

**When tempted, instead of saying "No," say, "I'll decide what in five minutes."** Then, if possible change your environment.

The majority of times, you'll get distracted or your logical self will step in and overrule the emotional drive to eat.

How will you remember to wait five minutes?

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### Pick the "I Thing"

**Choose ONE behavior that you'll stick to NO MATTER WHAT.**

This becomes your "anchor" and no matter how difficult the road becomes, as long as you hang on to this ONE behavior, you'll still feel you have some control. That'll hold you in place in other situations too.

What is the ONE THING you'll comit to?

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*(More tips and details will be at our session on December 29, 2021. Find out more information and register at [dec29-iam.eventbrite.com](https://dec29-iam.eventbrite.com))*

Intentions Affirmations Manifestations

FROM "WHAT IF..." TO "WHAT NEXT..."

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