



5-DAY

HEALTHY THROUGH THE HOLIDAYS CHALLENGE



Unlimited You
UNEARTHING HOLISTIC WELLNESS

www.unlimitedyoucoaching.NET

WELCOME

MEET YOUR COACH

Yaaaaay!!!

I am so excited to be with you through the next 5 days (and beyond) to support you in living your healthiest life possible.

After my own 15 year struggle with a long list of health concerns I know first hand what it feels like to live with pain, fatigue, brain fog and a very negative self image. Having been through this I also know what it takes to completely turn your life around through food, mindset and lifestyle changes. And let me tell you...if it was possible for me, it is possible for YOU!!!

And I'm about to show you how

Lets do this!!!



XO STEPHI G



MY PROMISE TO YOU

Whether you are well on your way with your wellness journey or if you are just starting out, over the next 5 days you will learn some fundamental tips on how to get through the holidays without feeling like you've lost control. The best part is that everything you will learn and implement here, will not only help you through the holidays but keep you on track for the entire year ahead.

Over these next 5 days you will learn new tips, feel supported and hopefully create new friendships with like minded people along the way.

I am going to equip you with everything you need to get started at creating a holistically healthier life.



DON'T FORGET TO JOIN THE GIVEAWAY

As it is the season for giving, I will be giving away a private coaching session to one lucky winner at the end of the challenge (Over \$100 Value).

Names will be drawn from a hat (or whatever useful household item I have in front of me) live in the Fb group. To stand a chance to win all you need to do is show up for yourself and commit to doing the daily challenge steps.

1

STEP ONE: Watch the daily videos. Say Hi in the chat if you are live or #replay if you catch the replays

2

STEP ONE: Complete the daily homework

3

STEP ONE: Comment done or share your task/homework in the the daily thread in the Fb group



CHALLENGE

AT A GLANCE

DAY
1

FINDING YOUR WHY

We need to draw on both intrinsic & extrinsic motivation to keep going on the good days and bad. One of the best forms of motivation come from getting clarity on you "WHY"

DAY
2

HEALTHY HOLIDAY MEALS

We'll look at healthier options for your favorite holiday meals and how to substitute ingredients without sacrificing flavor

DAY
3

MOVEMENT MADE EASY

Don't let the intimidation of the gym or the excuse of not knowing where to start prevent you from moving. We'll look at some get started tips and short at home movement routines you can do

DAY
4

MANAGING HOLIDAY STRESS

This is no doubt one of the most stressful times of year. By incorporating a stress management technique that resonates with you, you can regain your love for the holidays and everything it has to offer

DAY
5

STRENGTHEN RELATIONSHIPS

Use this time to actively strengthen relationships and prioritize quality time



The **# 1 step** you need to take when making a change is '**finding your why**'. When your why becomes clear, you can use that as motivation to keep moving forward toward your goals.

But here is the catch, in order for your WHY to keep you going, it needs to be bigger than your excuses and the only way to do that is to tie it to a larger vision.

Eg. I want to lose 10 pounds (goal) because I am going on a beach vacation with my friends/family (why) and I want to be able to enjoy myself & make beautiful memories without letting lack of energy & self confidence prevent me from having fun (Vision)

I want to lower my cholesterol (goal) because I want to improve the quality of my life (why) so I can live long and well enough to play sports with my grandkids (vision)

Statistics show most new year resolutions only last somewhere from 4-20 days. This isn't because we lack willpower, it is because the immediate goals we set for ourselves are not tied to a larger, more meaningful vision.



LIFE BEGINS

AT THE END

OF YOUR COMFORT ZONE

DAY 1

1. Imagine life 3 months from now. How do you want to look, feel, life to be?

2. How will your life be different when you achieve this?

3. Why is it important to you to achieve this?



LIFE BEGINS
AT THE END

OF YOUR COMFORT
ZONE

DAY 1

4. What is your short term goal? (Next 30 days)

5. How does this tie into your 3 month goal?

HOMework

DAY 1

STEP 1

WATCH THE DAILY VIDEO IN THE FB GROUP

Watch my daily video for tips and insights into the days topic. If you catch it live say Hi in the chat & I also get to answer your questions on the spot :) If you watch the replay, #replay in comments so I know you've seen it

STEP 2

ANSWER THE QUESTIONS ABOVE

Take a few minutes to think about and answer the days questions. Print them out and keep them somewhere you will see them often

STEP 3

POST YOUR WHY IN THE DAILY CHALLENGE POST

Look for the day 1 challenge thread in the FB group and share your 'why' with us. If you are not comfortable sharing that is fine :) just write 'done' so i know you answered the questions





DAY 2

HEALTHY HOLIDAY MEALS

Lets be honest, one of the best things about the holidays is all the delicious food right?

Luckily for us, healthy can be delicious too!

Instead of restricting yourself and making holiday eating stressful and unpleasant, focus on making healthier versions of your favorite dishes. With google at our fingertips and thrive market a click away, we have everything we need to create healthy holiday meals

A great way to get started is not to remove but to replace. Try using healthier alternatives/substitutes for some of the most common ingredients in your favorite meals.

Ex. Instead of butter use ghee, replace cows milk with nut milk, etc.

Below you will find 3 healthy recipes to get you started and show you how easy it can be

BERRY POWER SMOOTHIE

Detox and Longevity

SERVES 2

1/2 cup frozen blueberries	1 cup spinach leaves
1/2 cup frozen strawberries	1 cup almond milk
1/2 frozen banana	1 tsp chia seeds
1/2 cup frozen cauliflower	1 tsp ground flax
Dash of cinnamon	

Place all ingredients into a blender and process until smooth. Add additional almond milk if smoothie is too thick. Pour into glass, and top with fresh berries and a sprinkle of chia seeds (optional)



SALMON PATTIES

Do you love crab cakes as much as I do? Well this is a great recipe that replicates crab cakes and is cost efficient. Salmon is loaded with Omega 3 Fatty acids which help decrease inflammation and supports brain health! Be sure to only use WILD CAUGHT salmon

- 1-2 cans wild caught Salmon (5 to 6 ounce cans)
- 2 Tsp Dijon mustard
- 1/2 cup GF oats or GF bread crumbs
- 1 Tsp lemon zest
- 1 Tbsp lemon juice
- 1 Tbsp water (or liquid from the cans of tuna)
- 2 Tbsp chopped fresh parsley
- 2 Tbsp chopped fresh chives,
- Green onions or shallots
- Pink Salt & ground black pepper to taste
- Siracha or favorite hot sauce (For dressing - optional)
- 1 raw egg
- 2 Tbsp extra virgin olive oil
- 2 Tsp Butter/Ghee
- 1 tsp paprika
- 3-4 slices Kimchi (amazing for the gut/optional)
- 1 Tsp Turmeric (optional)
- Coconut Oil or Olive Oil
- 1 Tbsp Avocado Oil mayo/Greek yogurt (for dressing)



RECIPE

1. Drain Salmon & chop veggies
2. Mix together all ingredients in mixing bowl (egg last.) Add coconut Oil or olive oil to a medium/high heat on a frying pan.
3. Divide mixture into 4 and press into patties. Place patties on pan and cook till browning forms.
4. Combine mayo, Dijon mustard, diced pickles, and siracha in separate bowl. Mix together for a tarter sauce!

NOTE: Salmon can be replaced with Tuna

CHOCOHOLIC OATMEAL

Do you tend to get those chocolate cravings at night? Sometimes its hard to push those cravings away and that is the time of the day most people make the worst choices, we have all been there!

Here is a very sweet, chocolatey, and filling dessert. The best part about this is its super fast to make!



- 1. GF Oats (not flavored or sugared)**
- 2. Add in Cacao powder (raw form of cocoa)**
- 3. Stevia/ Coconut Sugar (Optional)**
- 4. Dash of Vanilla extract**
- 5. 1 tbsp Pure Maple Syrup**
- 6. Dash of cinnamon**
- 7. Enjoy Life Morsels or HU Dark Chocolate Chips**

- **Heat up water to a boil and add into the 1-2 cups of oats (stir rapidly till oats become creamier.) Add in ingredients**
- **stir well and enjoy!**
- **Top with sliced banana, strawberries or topping of choice**

5 HEALTH-FULL TIPS

1

Eat the Rainbow

Make your plate as colorful as possible with whole foods. Try get in green, red, orange, yellow, black/purple, but keep white/brown/tan to a minimum.

Portion Control

2

Being in a state of restriction or deprivation doesn't do any good. Eat and drink what you want to but exercise portion control. Dish up small amounts of less healthy foods. Even if you go back for seconds, its ok but get into the habit of only dishing very small portions at a time. With time you may find you don't go back for seconds

3

Don't remove...Replace!

Don't try remove all the foods you love and try to make a 180 degree shift over the holidays. Instead look at replacing ingredients. Replace butter with Ghee, Sugar with Xylitol, salted nuts with raw nuts, etc.

Macro Balance

4

Make sure you are getting adequate protein and healthy fats into your diet as this will help cut cravings. If you are craving something sweet or carby, first ask yourself : "Have I eaten enough healthy fats and protein today?".

5

Ask yourself: How can I make this meal healthier?

The answer can be as simple as adding in more fresh herbs and variety of spices, a dash of ACV or adding some addition veg to your curry, stew, stir-fry, salad, etc.

HOMESWORK

DAY 2

STEP 1

WATCH THE DAILY VIDEO IN THE FB GROUP

Watch my daily video for tips and insights into the days topic. If you catch it live say Hi in the chat & I also get to answer your questions on the spot :) If you watch the replay, #replay in the comments so I know you've seen it

STEP 2

ANSWER THE QUESTIONS ABOVE

Google 3 recipes for healthier alternatives to your favorite holiday meals that you find appetizing & easy enough to make. Feel free to send them to me if you want to know how to make it even healthier.

STEP 3

POST YOUR RECIPE IN THE DAILY CHALLENGE POST

Look for the day 2 challenge thread in the FB group and share your recipe links with us. We will feel inspired and creative by seeing all the delicious meals everyone has found & shared

B O N U S

Once you have cooked up any of the delicious meals you learn through this challenge, snap a pic and post it in our group.
I'd LOVE to see

CHEAT SHEET



TRY THIS

- Ghee/Clarified Butter
- Olive oil/coconut oil
- Iced tea & Soda Water
- Smoothie
- Nut/seed/goat milk
- Spinach/kale
- Maple Syrup/xylitol/stevia
- Cauliflower mash
- Sweet potato
- Roasted mixed fresh veg
- Apple cinnamon granola bake
- Greek yogurt & berries
- NICE cream
- coconut amino & ACV

NOT THIS

- Butter
- Canola/vegetable oil
- Soda/pop
- Cereal
- Cows milk
- lettuce
- Refined cane sugar
- Regular mash
- Regular potato
- Boiled frozen veg
- Apple pie
- Processed dessert
- Ice cream
- Store bought salad dressing



Sitting has now become the new smoking...WHAAAT!!! Living a sedentary lifestyle has shown to increase your risk of disease more than smoking does. It is advised that during waking hours, we should not be sitting for more than 6 hours in total. This may sound challenging but we can decrease the negative effects of sitting just by making sure every hour we take a walk, do some stretching or anything you can think of to just move the body and straighten the legs

Movement today is something that is more so avoided with modern day technological advances. We are sitting in cars, sitting in offices, and winding down with TV after a long day. Movement is something we as humans were designed to do. With the drastic increase in obesity and disease in today's world, we can clearly see what happens to the body when people stop prioritizing movement everyday.

Benefits of movement:

Mobility **longevity**, Stress & Anxiety
Release, Sharpens **memory**,
Strengthens **BONES**, Strong
immune system, Better **sleep** &
mood, **reduces** risk heart disease,
increases **ENERGY**

TIPS FOR GETTING STARTED

1

GET A WATER WATER BOTTLE

A great way to begin is to make sure you have a 24/ 32 oz water bottle that you love. It can be easy to forget to drink enough water in your busy day! Lets start with a goal of 60 ounces of water every day. Put elastic bands around the top of your bottle. each time you finish it, move the band to the bottom of your bottle. This will help you keep track of how much water you are drinking

2

SNACK ON EXERCISE

Don't think of exercise as spending an hour in the gym or running 5 miles a day. Change your mindset to think about any way in which you can increase movement throughout the day - Doing 5 pushups when you get out of bed, 5 squats when you go to the bathroom, 10 jumping jacks when you make a coffee. Snack on bit sized movement throughout the day. You may not build a competition body this way but you will dramatically decrease your risk of disease

3

STRETCH EACH MORNING

After sleeping for 8 hours our muscles need to wake up. If your muscles are too tight it can put your body at risk of injury & could be the reason for certain physical pain you are experiencing. Starting your day off with 5 minutes of stretching is so beneficial & can be done while you wait for the kettle to boil for coffee. Stretching benefits include: Better balance, reduces pain in the body, more energy, increases mobility, improves posture, and improves exercise performance! Click here for a great [morning Stretch Flow routine!](#) This can be done again in the afternoon when you get home from work to release tension from sitting all day.

4

HABIT STACK

Combine snacking on exercise with habit stacking. Think of things you already do automatically, current habits (Brush your teeth, make tea, play with the kids) and add bite sized movement to that. This way you are building a new habit onto one that already exists. A bad example of this is people who have a cigarette with their morning coffee. A good example is doing wall sits while you brush your teeth. Get your kids involved and make a game out of creative movement is a great way to keep the whole family active.

5

FIND WHAT YOU ENJOY & START SMALL

Think about some of the things you enjoy doing most and see how you can incorporate that into movement. If you enjoy dancing with your friends, try a Zumba class. If you like the outdoors look for hiking trails near by (make it a family adventure). If stretching feels good to you try a yoga or Pilates class. There are tons online and if you don't enjoy it the first time, don't give up. Look for another instructor or different method. Keep searching until you find something that brings you joy. I hate boxing but found a 20min box fit/kickboxing class near by that I fell in love with. But that wouldn't have happened if I didn't give it a chance

LET'S MOVE

● Quick HIIT

High Intensity Interval Training works every muscle in the body under 5 minutes and you burn calories all day!



● Desert Booty Lift

Your legs are your largest extremity of your body, so moving and toning lower body means you are burning the most calories and fast!

● STRETCH FLOW

Stretching is just as important as the exercise itself! If your muscles are tight it harms the rest of the body by putting it more at risk of injuries and pain later on. Stretching can help get you out of pain with consistency!



[@carly_holisticliving_](https://www.instagram.com/carly_holisticliving_)

HOMework

DAY 3

STEP 1

WATCH THE DAILY VIDEO IN THE FB GROUP

Watch my daily video for tips and insights into the days topic. If you catch it live say Hi in the chat & I also get to answer your questions on the spot :) If you watch the replay, #replay in comments so I know you've seen it

STEP 2

FIND AN ACCOUNTABILITY PARTNER

Having an accountability partner will make staying health easier and A LOT more fun. Ask someone in your household or a friend to be your accountability partner and do the challenge with you. If you dont know anyone ask in the ACCOUNTABILITY thread in the FB group. This is a great way to build a new friendship with someone who is also trying to be healthy

STEP 3

COMMIT TO MOVEMENT

Think of 1 way in which you are going to increase your movement. Ideally pick an option from the workouts above. Decide when and where you will do this and tell your accountability partner. Commit to doing 1 full 20min workout during our 5 day challenge

STEP 4

SHARE YOUR COMMITMENT STATEMENT

Look for the daily challenge thread and post your commitment statement in there. This should look something like, "I commit to doing the stretch flow on Wednesday when I get home from work before I start cooking dinner".



DAY 4

MANAGING HOLIDAY STRESS

I have to make sure I have all the food prepped for our Christmas lunch. Do I have the right outfit for the end year event which I need to race home to get ready for. When am I going to find the time to gift shop and how am I going to afford all these gifts? I can't keep up with my schedule, trying to fit work, kids commitments, social engagements and family gathering all in. There is definitely no time or energy for me to even think about doing things I'd like to do...

Sound Familiar?

The holidays are undoubtedly one of the most stressful times of year when it should be one of the happiest and most joyful. When we learn to manage our minds, taking small moments out each day to re-center and breath, we allow ourselves a chance to let go of some of the pressure and calm our minds enough to feel like we can get through it.

Just as you are scrambling to fit everything in your schedule, the first thing you should be prioritizing is 10 minutes for YOURSELF. We cannot show up at our best for those around us when we are neglecting to take care of ourselves first. It is not selfish, it is a form of self love and love for those around us. We want to offer our best selves up for those who matter most to us.

TIPS FOR MANAGING HOLIDAY STRESS

1

CHECK IN WITH YOURSELF

Check in with yourself throughout the day to see how you are feeling. If you notice your jaw is tight or your shoulders are tense, take 2 min to breathe, consciously release the tension from your body & say a kind word to yourself. Make sure you acknowledge 1 good thing about yourself every day & what a good job you are doing. It may not feel like it but I promise you if you really think about it, you will be able to come across moments of strength, determination and love in each day that you can be proud of

2

ASSESS YOUR SCHEDULE

Take a good look at your schedule and the commitments you have made. Ask yourself if this is really necessary. Are you attending an event because you want to or because you feel obligated to. If the answer is obligation or fear of missing out, use this as an opportunity to dig deep and ask yourself why you feel this way. What deeper meaning have you attached to these events or the people attending. Self evaluation leads to self discovery which leads to breakthrough. It's ok to not be in control, see if there are any tasks you can delegate. Opt for delivery or online shopping where possible

3

PRACTICE DEEP BREATHING DAILY

The fastest, most effective & cheapest way to release tension, stress & overwhelm is through breathing. It is the most forgotten & underrated stress management tool on the planet. When you wake take 30 seconds before you get out of bed to breathe, do this again at night before you go to sleep and throughout the day when you feel stressed. Better yet, do it whenever you remember, even before a stressful situation comes on. You will see you will be able to handle it much better. Watch my daily video to learn how to breathe for effective stress management

4

MAKE YOURSELF A PRIORITY

We cannot look after others if we don't first look after ourselves. This is not selfish it is self love. Learn to love yourself just as you love your partner/friends/kids. As you have positively impacted their lives in ways you don't even realize. Take time to have a hot bath, 15 minutes to yourself to read a book. Go get a pedicure, schedule a morning of golf, go to a yoga class. Schedule these things in just as you would any other meeting. You are a priority. If we don't make ourselves a priority we cannot expect others to.

5

BRING MINDFULNESS INTO YOUR LIFE

Whether through mindfulness meditation or everyday tasks. Pay attention to the things you do each day. Be present and enjoy every sip of your coffee, taste the flavors of your meal, feel the texture of different foods while cooking. Notice the clouds. Be mindful of your surroundings. We get so busy we forget to notice the ordinary in each day, the stuff that when we really pay attention is actually pretty extraordinary

RESOURCES

1 YOGA WITH ADRIENNE

A fantastic place to start with free foundational and advanced yoga practices you can do from home. She also offers guided mindfulness meditations for beginners. She has a great energy a& sense of humor & is definitely not your traditional Yogi

[Free Yoga Videos \(yogawithadriene.com\)](https://yogawithadriene.com)

2 CARLY B'S MEDITATIONS

[GUIDED MEDITATION FOR BEGINNERS](#)

Join her on the beach as she guide you into a meditative state

[MANIFESTATION GUIDED MEDITATION](#)

Lets talk about what you are really wanting out of life



[@carly_holisticliving](https://www.instagram.com/carly_holisticliving)



3 THE DAILY SHIFTS APP

Download "The Daily Shift" app that was created to help you create daily habits to find inner peace and purpose.

[Find Your Purpose In Life With The SHIFT Method](#)
[.| The Daily Shifts](#)

4 CALM OR HEADSPACE APP

Download the "Calm" or "headspace" app to find daily meditations and mindfulness practices



DAY 4



1. **Think back to the last time life felt stress free/manageable. What stands out for you from these memories? How were things different?**

2. **What are the top 3 things you enjoy doing most that relax you?**

DAY 4



3. What prevents you from doing those things more often?

4. How can you overcome just one thing standing in your way of incorporating more of what you enjoy into your life? Just one small step you can take

HOMework

DAY 4

STEP 1

WATCH THE DAILY VIDEO IN THE FB GROUP

Watch my daily video for tips and insights into the days topic. If you catch it live say Hi in the chat & I also get to answer your questions on the spot :) If you watch the replay #replay so I know you've seen it

STEP 2

ANSWER THE QUESTIONS ABOVE

Take 10 min out of your day to sit quietly and answer the questions. Don't rush through this, think about your answers and let the questions and answers sink in.

STEP 3

POST IN THE DAILY THREAD

Write what your biggest stress factor is over the holidays, what relaxes you the most and how you plan to incorporate it into your life more. Remember by sharing our own stories we are able to help other through the same thing.



DAY 5

STRENGTHEN RELATIONSHIPS

All relationships are different. The relationships we have with our spouse, kids, parents, friends, co workers etc. but each are valuable and contribute greatly to our overall happiness. Not all relationships are good but we should strive to have solid, reliable and symbiotic relationships in our lives.

When our relationships thrive, we thrive as people. Our relationships are our support, our strength, our motivation, our safe place, our joy, a piece of our happiness and should not be taken for granted.

If you are blessed enough to have people in your life that you care about and who care about you, you need to nurture those relationships. It is a real blessing

SOLID STRENGTHENING TIPS

1

Get creative with quality time ideas

Cook a meal together

Go on a hike, plan a picnic

Build a puzzle

Start a veggie garden

Do something adventurous (Skydive, snorkeling, etc.)

Buy or make a set of TableTopics

Table topics are a great way to have some good laughs and get to know each other better. You can purchase a variety of themes. Check out examples [**HERE**](#). You can use them at the dinner table, while having drinks with friends, etc.

2

3

Make a point of having meaningful conversations

Before the year is over, the next time you gather together, go around the group and ask "What was the highlight of your year, what are you proud of, what lessons did you learn, what are your biggest goals for the new year and how can I support you with them?" Each person get a chance to answer the question before moving to the next question.

Show your appreciation

Make a point of verbalizing your appreciation for someone.

Tell as many people as you can that you are grateful for them or something specific they did. You will be amazed at the power of gratitude. Think of someone who you are not on great terms with. Think of 1 thing you are grateful for regarding them. Then tell them. See how it makes you feel and if it makes a difference to your relationship

4



DAY 5

STRENGTHEN RELATIONSHIPS

1. **Think of 1 relationship you would like to strengthen over this time. It can be a friend, family member, work colleague, spouse, etc. What does that person enjoy doing?**

2. **What do you have in common?**

3. **What activity can you do together and when will you do it? Be specific. This should be something other than christmas day/New years day**

HOMework

DAY 5

STEP 1

WATCH THE DAILY VIDEO IN THE FB GROUP

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STEP 2

ANSWER THE QUESTIONS ABOVE

Answer the questions above. This can be done for multiple people, not just one

STEP 3

POST YOUR RECIPE IN THE DAILY CHALLENGE POST

Look for the day 5 challenge thread in the FB group. Share your quality time activity idea with the group. You never know who you may inspire by sharing





BONUS DAY

PLAY FINANCIALLY SMART

1

CREATE YOUR OWN NAUGHTY AND NICE LIST

Be mindful when making your gift list. Ask yourself why you are purchasing this person a gift. It is out of obligation or because you truly want to show them appreciation? When you take a good look at your list & intentions, I guarantee it will lead to some deeper self discovery & cut your list down quite a bit.

2

CREATE A REALISTIC BUDGET & GET CREATIVE WITH STICKING TO IT

Be realistic about what you can spend. Allocate a specific amount to food, gifts, etc. and shop around your budget. Look into buying misfit produce, give plants as gifts with a beautifully hand painted pot. Put love and thought into gifts, not just money. Commit to only using cash instead of cards. This is a huge help in staying within budget

3

BUY LOCAL AND IN BULK

Support local and purchase hand made gift such as candles, infused cooking oils, etc. When bought in bulk these are often much cheaper and make lovely, USEFUL gifts

4

COOK AT HOME FROM SCRATCH

Unfortunately we pay for convenience. Instead of buying done for you meals, precut fruit and veg, ready made sauces, etc. buy whole, fresh produce and make things from scratch. Make it a family project to double up as quality time too.

5

TRY SECRET SANTA, POTLUCKS AND E- CARDS

To take pressure off your budget, schedule and stress levels, opt for things like doing a Secret Santa, making big events potlucks and send e cards instead of traditional Christmas cards or obligatory gifts. An E-card is a great way to show someone that you are thinking of them and wishing them well.

HOMework

DAY 6

STEP 1

WATCH THE DAILY VIDEO IN THE FB GROUP

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STEP 2

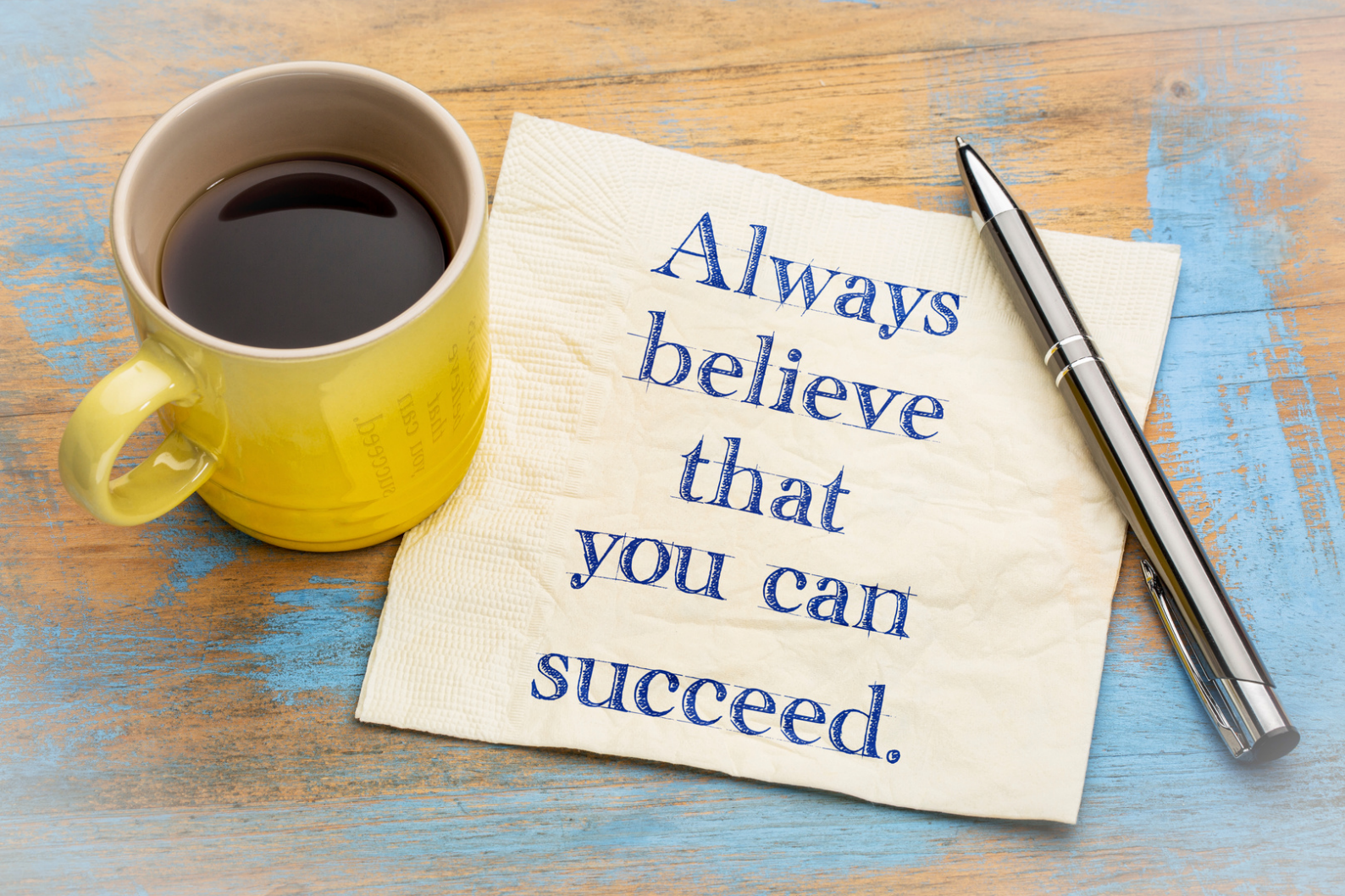
CREATE YOUR NAUGHTY & NICE LIST

Write your own naught & nice list. Think carefully about every name on your gift list. What feelings come up when you see their name? Why are you purchasing them a gift? Is what you buy them thoughtful or just a money waster & dust collector

STEP 3

POST YOUR #1 TIP

Help others by posting your number 1 tip that works for you in the daily thread



Because **I want to see you succeed** and help you as best as I can, I have included a bunch of bonus resources to help you get started and stay on track. Unfortunately these can't help if they stay sitting in your inbox so make sure you print them out and keep them in a place they are best available to you every day

GOAL PLANNER

MY GOAL:

MY WHY:

START DATE:

ACHIEVE BY:

ACTION STEPS:

NOTES & IDEAS:

HABIT TRACKER

SMALL STEPS AND TINY HABITS DONE
CONSISTENTLY HAVE A HUGE IMPACT IN THE LONG
RUN

ATE THE RAINBOW (ALL 6 COLOR CATEGORIES)

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STRESS MANAGMENT/ SELF CARE TECHNIQUE

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PRIORITIZED FAMILY TIME/RELATIONSHIPS

S	M	T	W	T	F	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Print this out and stick it on the fridge. The goal is not to mark everything off every day but instead track what you do to give a visual at the end of the month on how well you fit each area into your life and which areas need to be prioritized

DAILY

MINDSET PRACTICE

MORNING

TODAY'S MANTRA:

.....
.....

LOOKING FORWARD TO:

.....
.....
.....

TO MAKE TODAY GREAT, I WILL:

.....
.....
.....

EVENING

I AM GRATEFUL FOR:

.....
.....

PEOPLE I APPRECIATE:

.....
.....
.....

THREE GOOD THINGS TODAY:

.....
.....
.....

OTHER THOUGHTS

MOMENT TO REMEMBER



YOU DID IT

READY FOR MORE?

Well done, you made it through the 5 day challenge. Now that you have a place to start and resources to refer back to, I hope you are feel confident to get through the holidays. This was just a taste of what its like to have a partner, a supporter in your corner who is rooting for you to succeed every step of the way.

Success is a result of choosing to learn, grow & heal, of implementing tiny habits & having the right people in your corner to support and guide you along the way. It is a result of putting yourself first so you can unleash an Unlimited You. A you that is going to change your life and the lives of those around you. Now is the time. Choose health, choose happiness, choose YOU and lets start 2021 off with a bang!!!

STEPHI G XO



CONTINUE THE JOURNEY

UNLIMITED YOU COACHING PROGRAM

ENROLL NOW



CLIENT LOVE

BRIAN NELL

Stephanie's recommendations and approach has changed my life & my relationship with my family. Not only has it allowed me to feel and be more productive during the day but I also dropped from a 7 XL shirt to a 3 XL shirt in just 12 weeks. I would highly recommend Stephanie as a Health coach for anyone



CLAUDEA ALLEGRUCCI

Stephi is amazing at what she does. Since she has been in my life she has transformed my way of thinking, eating and being healthy.

LAUREN BRITZ

Steph is great at what she does. I know a lot of health coaches and no one does it like Steph. When I was half dead not knowing what the F* was happening to me, not a single medical specialist could help me but Steph was able to do exactly what I needed & I've never felt better. The world needs her help to heal



CLIENT STORY

ROELIEN NELL

Working with Stephi has changed my whole life. As a 31 year old wife and mother, I initially started working with her hoping she could help me increase my energy, lose weight and get rid of abdominal pain. My whole life I have struggled with sleep, sometimes getting as little as 4 hours a week. This affected my energy, mood and productivity. I also lived with constant heartburn and could not eat or drink anything without taking antacids. Since I was a teenager I have dealt with terrible hormonal imbalances causing irregular and painful mensuration.



This lead me to drink painkillers for the majority of the month. I was also on medication for abdominal pain. I went from Doctor to Doctor for years trying to find the problem but no one could help me and I was always just prescribed more medication. All these conditions together lead to an incredibly high monthly pharmacy bill, a loss of hope and an inability to enjoy life the way I wanted to. It affected my job and my relationship with my family. After working with Steph for 3 months I am off all medication. I now have regular periods with minimal discomfort, my heartburn and abdominal pain are completely gone and I get a full nights sleep on a regular basis. My diet has improved, my energy levels are up, I've lost more weight than what I had expected to and I have been able to go back to work full time. Thank you Stephi for helping me. By working with you I was able to learn how to live a healthier life, heal my body and live my life to the fullest, the way I have always wanted to.



Working with Steph has truly changed my whole life

PROGRAMS



12 WEEK 1:1 COACHING

12 weeks of virtual coaching dedicated to you and helping you reach your goals. This is a client centered program where we go at your pace and work on any area of health & wellness that you want to improve.

[SIGN UP HERE](#)



VIRTUAL GROUP COACHING

Why just have my support when you could have a team of fantastic like minded women to support you through your journey. Join our group program where we meet online weekly to learn from and support each other. From gut health to hormones, mindfulness to movement - we cover it all!!!

[SIGN UP HERE](#)

INVEST IN YOURSELF...
THE CHOICES YOU MAKE
TODAY, DETERMINES YOUR
OUTCOME TOMORROW!!!



“A HEALTHY OUTSIDE STARTS FROM THE INSIDE



Unlimited You
UNEARTHING HOLISTIC WELLNESS

www.unlimitedyoucoaching.NET

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