

YOUR BEST THANKSGIVING



WHAT ARE YOU
GRATEFUL FOR?



Quick Notes

- It doesn't matter
- Kickoff 5 weeks of overeating and over drinking
- Proof & ego boost
- How to enjoy Thanksgiving the most
- Work on your foundation



A Healthy Thanksgiving

- Calm & Relaxed
- Enjoying the food & drink
- Avoiding food/drink hangovers
- Connect and visit family & friends
- Giving thanks and feeling grateful



Key Factors of Over-consuming

- Hunger
 - Drink water, nourish yourself
- Tastes good
 - Eat like a gourmet
- Emotional Stress
- Relaxation & Gratitude



WARNING:

DO NOT DO THE FOLLOWING

- Don't mention to others you're on a diet, trying to lose weight or being healthy.
“fly under the radar”
- Don't say “no, I can't”, “no, I shouldn't”,
“I'm on a diet”
- When you turn down food “no thanks,
I'm stuffed”, “I've had enough”



Old Thanksgiving Movie

- Starts in the morning
- Notice your habits and routines
- Notice your moods
- Notice your behaviors
- How do you feel after dinner/ that evening?
- How do you feel when you wake up Friday?



New Thanksgiving Movie

- Start in the morning
- Shift your mood
- Connect to the “ideal” you
- Play through your day as this you
- Notice how it feels to think, act and respond this way



Happy Thanksgiving

