

# HOLIDAY SURVIVAL GUIDE

## 1. Don't Say Yes When You Really Mean No

*"I say yes when I mean no and the wrinkle grows." - Naomi Shihab Nye*

Before you say yes to anything, check in with yourself FIRST and ask, "Can I say yes and love my yes?" If you can't love your choice you have two options; 1. Say no or 2. Figure out how to love your choice. (This requires a mindset shift.) If you don't know how you feel about something, you're allowed to take your time. You're allowed to say, "I don't know. I'll get back to you."

## 2. Align Your Choices with What Matters Most

If it doesn't matter to you, it's got no business being on your 'to do' list. Sounds radical, I know, but this one principle alone holds tremendous weight in helping you take back control over the quality of your life.

You are allowed to prioritize what matters most to you, without explanation, guilt or having to respond to how others react. If it's not meaningful enough to you, if it's not aligned with what you care about, it no longer gets your time, energy or money.

## 3. Create Your Own Wellness Plan

Only you know what's best for you. Figure out what that looks like and do your best to honor it. No more 'suffering through.' Create a solid plan for taking care of yourself and the rest of your life, including your relationships, your health, and your finances will follow suit.

**Hint:** Taking care of yourself requires a certain level of persistence and patience. We are no longer seduced by the quick fix. Those methods never stick. We are in this for good. Take the time to experiment with what ways of taking care of yourself work best for you. This is critical to your long-term success.

## 4. Get Sleep

Trust me. This is critical.

## 5. Start the Day Strong

Start the day strong and you'll increase your chances that the rest of the day goes well. Figure out what 'strong' looks like for you. It doesn't matter what you do; it only matters that you do something you truly enjoy, something that works well for you. Let yourself experiment and figure out what really works.

## ADDITIONAL TIPS

**Be reasonable, fair and kind to yourself.** If what you're asking / expecting of yourself isn't kind or fair, you've got to re-think your ask.

**This is practice.** Today, tomorrow, for the rest of your life, the principles I share with you are practice. There is no perfection.

**Every moment is an opportunity to begin again.** We get it wrong a million times so we can pick ourselves up and begin again.

There's no reward at the end of your life for whoever suffered the most.

Your life will improve exponentially if you're willing to put to rest the 'shame, blame, feeling bad & guilty game'. This way of talking to and treating yourself is limiting and de-valuing. It sends a very clear message about how worthy you are of enjoying your life.

Nothing good ever happens on the other side of de-valuing yourself.

**Show up to your life, to your everyday choices from a place of self-love and respect and you will earn the right to your richest, most rewarding life.**

**Please don't take my word for this. Go see for yourself.**

If you've got questions, please reach out to me. This is why I'm here.

*Love & light,  
xx Lori Fields  
[www.YourWorthySelf.com](http://www.YourWorthySelf.com)*