



Stay Hydrated.
Drink about 8
glasses a day.

Eat Healthy



Thriving the Holidays

A simple 4 step guide.

Print it.
Practice it.
Give Yourself a Star!

Don't be a perfectionist. You're
already perfect. Have fun!

Scan and email it to
vicki@vickizanini.com after the
holidays for your FREE gift!



Play Everyday
(AKA Exercise)
Make it Fun!

Identify 3 things
everyday
to be grateful for.

many thanks!

November 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

Gratitude																																						
Hydrate																																						
Play																																						
Eat Healthy																																						

December 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

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