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How to Set Intentions for the **HOLIDAYS & NEW YEAR** to Welcome a Satisfying

2023



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A note from Deborah & Cassie:

As coaches, we each focus on supporting women in very different ways. As busy women who are juggling careers, family, children and commitments, we know how difficult and overwhelming it can be to take time for oneself to set intentions, not only for the holiday season but into the new year.

That's why we have carved out time to collaborate on this tool!

Speaking of intentions, our intention for this webinar is to encourage you to carve out some time for yourself to get in touch with what you would like to prioritize for yourself, family and career through the holiday season and into 2023.

How often have you looked up at the end of December and realized that what you really wanted to do during the holiday season or people you wanted to connect with didn't happen. Why? Because you didn't intentionally sit down and prioritize the who, what, and where! Now is the time to get in the driver's seat for the next couple of weeks and beyond.

Don't let the craziness of the season detract you from your goals. You can and find the peace and joy that so many of us seek during the weeks ahead.

In this worksheet we discuss having an accountability partner which is one factor of making this process a success. If you feel that a coach can help you to prioritize, map out next steps and hold you accountable, we would love to connect!

You can reach Deborah for career support and life coaching at deborah@deborahvoll.com and Cassie for liberation from fear about weight gain and out-of-control eating at hi@cassiechristopher.net.

We sincerely wish you Happy Holidays and a Satisfying New Year!

Cheers,

Cassie and Deborah

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This is your space to brainstorm what is important to you during the holiday season and into 2023.

Identify 3 intentions to focus on during the holiday season and into the new year and list them in order of priority (1 is the most important to you, etc.)

1. _____
2. _____
3. _____

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Focusing on your highest priority intention, what are the steps to make this intention achievable?

INTENTION:

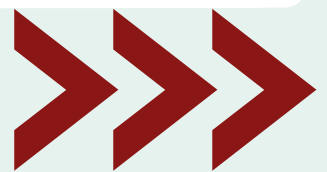
STEP 1: _____

STEP 2: _____

STEP 3: _____

Why is this intention important to you?

**How will you hold yourself accountable to your intention?
(Coach, buddy system, friend weekly check in, etc.)**



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Who can you share your intentions with so that you have declared your desires?

Where will you create space in the day or week to stay focused on your intentions?

Other Notes: