



RECIPE FOR AN

Unmessablewith

HOLIDAY SEASON

1

GET CLEAR ON WHAT YOU ARE CREATING FOR THE HOLIDAY SEASON (LIKE A HEADING OR A VISION)

I RECOMMEND YOU SHARE WHAT YOU ARE CREATING WITH OTHERS

2

SEE THE RED FLAG WHEN IT HAPPENS

3

STOP AND BREATHE

4

ASK WHAT WOULD (XYZ) DO OR SAY RIGHT NOW? **OR**
WHAT WOULD BE AN ACTION CONSISTENT WITH WHAT I
CREATED RIGHT NOW? **OR**
WHAT COULD I DO OR SAY TO BRING FORTH (XYZ)
RIGHT NOW?

5

RESPOND (SAY OR DO SOMETHING) FROM THAT
CREATED SPACE **VS** REACTING FROM YOUR
AUTOMATIC MESSABLEWITH MUSCLE



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ADDITIONAL NOTES:

