

my holiday food strategy

Plan ahead for how to handle some of the triggers that may arise.

If using this in a group setting, please complete **BEFORE** your next meeting.



Elements of Thanksgiving/holidays that I know may cause discomfort are...

(List all that come to mind, i.e. "comments from family," "loneliness," "triggering foods," etc. Be as specific as possible.)

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- * _____
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When I feel discomfort, I will... *(list strategies that work for you, i.e. "phone a friend," "take a walk," etc.)*

- * _____
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- * _____
- * _____

My "reality-check" person is: _____

- I have confirmed their willingness to do this.
- I have not asked them yet but will do so by (date): _____

“Oh give thanks to the Lord, call upon His name; make known His deeds among the peoples.”

1 Chr. 16:8 (NASB)



“Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

Joshua 1:9 (NIV)



“In everything give thanks, for this is the will of God in Christ Jesus concerning you.”

1 Thess. 5:18 (KJ21)



“But thanks be to God, who in Christ always leads us in triumphal procession, and through us spreads the fragrance of the knowledge of him everywhere.”

2 Cor. 2:14 (ESV)



“All this is for your benefit, so that the grace that is reaching more and more people may cause Thanksgiving to overflow to the glory of God.”

2 Cor. 4:15 (NIV)



“Give thanks to the Lord, for He is good! His faithful love endures forever.”

Psalms 106:1 (NIV)



“But I will sacrifice to you with the voice of thanksgiving. That which I have vowed I will pay. Salvation is from the LORD.”

Jonah 2:9 (NASB)



TRANSLATION KEY

NIV—New International Version

KJ21—21st Century King James

NASB—New American Standard Bible

ESV—English Standard Version

HOW TO USE THESE CARDS

Print onto cardstock and trim on dotted lines. Tuck into your Bible, journal, or stick on your mirror, refrigerator, or anywhere you need a reminder of what is TRUE.

They're also great for sharing...



FINDINGbalance
eat well. live free.