## Next Holiday Season Plan

Write it today, while you still remember (Chapter 14). Set a phone reminder for early December containing this page.

**Three things I'll do more of** (like Tyler's list in Chapter 5):

1. _____
2. _____
3. _____

**One "if... then..." sentence for my most likely slip:** If _____, then I _____.

**Pick two or three more if they suit you:**

- ☐ Keep my wake-up time over the break, within an hour or two (Chapter 9).
- ☐ Eat dinner earlier on party days (Chapter 7).
- ☐ Eat dinner before going out; one glass of water after every drink (Chapter 5).
- ☐ Weigh myself twice a week and look at the weekly average (Chapter 8).
- ☐ Take my medicines when I travel and set reminders (Chapter 6).
- ☐ Walk during the week with no name between Christmas and New Year's Eve (Chapter 4).
- ☐ Put the "When to Call Emergency Services" page where the whole household can see it.

**Reminder set for:** _____

**And one thing that doesn't need writing down:** let the holidays be the holidays.