

HOLIDAY SURVIVAL CHALLENGE

WEEK 2 | DEC 6 - DEC 12

EVALUATE AND ADJUST ROUTINE

Look back on week 1.

What worked for you?
What didnt?

HANGRY WHO? DON'T KNOW HER

Make my **Ho Ho Hanger Mix*** &
portion 1/4 into baggies for on
the go snacks!

**This is in your [Holiday Survival
Guide + Recipe Book](#)*

CHECK YOUR LIST TWICE

Send your Christmas
cards out this week to give
everyone time to enjoy them!

YOU FEELIN' STRESSED?

Mix up the Relaxing Oil Blend*
and use anytime you feel
stress creepin.ʻ

**This is in your [Holiday Survival
Guide + Recipe Book](#)*

GIVE YOUR SKIN SOME EXTRA LOVE

Pick a night to give yourself a
facial.

Stress + sugar = breakouts.

SPREAD THE LOVE

Search #teamlsf and find *at least*
1 new LSF girl to follow daily.

Send them all a DM with
encouragement this week!

The more you give, the more
you get.