

KD's Adventure



Holiday Survive to Thrive Guide

Created by Katrina Davis
Transformational Guide

KD's Adventure's Holiday Survive to Thrive Guide



Happy Holiday's

Holidays can feel like a time to survive and the season can be full of stress, guilt and obligations. Have you ever thought when the Holidays are done I will do xyz or get back on track and wouldn't it be fantastic to have more peace and joy during the season?

This guide has five tools you can use to move from surviving to thriving. I will share with you ways you can lower and release guilt and stress and create more peace.

1. Holiday Tapping:

- a. Dial down stress and other undesirable emotions during the Holiday's with tapping. When we feel less unpleasant emotions we can have more inner peace and joy during the Holiday's
- b. When to Tap is any time, on anything that is bothering you, an uncomfortable feeling (nervous, sad, mad)
- c. Tapping can be done discreetly when you feel uncomfortable or want to get some tapping in. When sitting at a table or as a passenger in a car put hands on your lap tap gently on the karate chop point. The more tapping you do the better you can feel. Look at picture below to see how you can tap incognito.



KD's Adventure's Holiday Survive to Thrive Guide



- d. Review the chart below to get familiar with the protocol and if you want see and do a round of tapping here's a link to [How to Tap](#) (on disappointment) and here's a short [tapping to dial down stress](#) on KD's Tapping Adventure on YouTube. There are other videos on [KD's Tapping Adventure](#) to learn more about tapping.
- e. The basic tapping recipe on tapping is included on this chart. All you need to do is plug into the blanks a name of issue or feeling and tap the points reading the statements and reminder phrases below out loud.

Tapping is simple and can support and comfort you during the Holiday's to thrive.



KD'S ADVENTURE TAPPING POINT CHART

1. Rate feeling/issue between 0-10
2. While tapping on side of hand (Karate Chop) say 3 X: even though I have this ___(issue, feeling...) I deeply and completely love and accept myself as I am
3. Start tapping on top of head and tap about 6 X each point & repeat saying: This ___ (issue/feeling)
4. Now take 2 deep breaths, drink some water and check in on # rating if above a 2 tap another round starting on top of head saying this remaining __(#)



Points:

- Karate Chop
- Top of head
- Corner of eyebrow
- Side of eye
- Under eye
- Under nose
- Chin
- Collar bone
- Under the arm

Where points are



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2. Personal Adventures



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Have fun Holiday adventures just for you.

- a. We are often extra busy during the holidays but it's important to have some special fun time of your own.
- b. Think about somethings to do
- c. Add some to your calendar and enjoy the Holiday season

Personal adventures can recharge us during the busy Holiday season. Then we have more to give to others and to the added events and tasks needing to be done.

3. Good Sleep:

- a. When life gets busy we skimp on sleep. Don't burn the candle at both ends during the Holiday season it can catch up to you.
- b. It's important to find your best sleep cycle time. I find being in bed by 10 pm and up by 7 am is my best window of rest.
- c. If you struggle to go to sleep here's what I have done at times. When my brain wants to run on a hamster wheel when my head hits the pillow. I tap in bed on the karate chop point gently or put gentle pressure on a point and just say in my head relaxing sleep while breathing deeply in and out. I have often dozed off to dreamland doing this.
- d. Think about ways you've noticed helped you get to bed at a good time for you and go to sleep. Choose one to do and go for it tonight!



KD's Adventure's Holiday Survive to Thrive Guide



Getting good sleep during the Holidays are great gifts to you!

4. Eliminate “should”. It is so easy to feel guilty with the word “should”.
Examples: “I should bake cookies for the Holiday Office Party.” “I should clean more for the Holiday gathering.” “I should buy more gifts.” These could be good things, but no good comes from feeling guilty and beating yourself up over things not done.
 - a. Let's be kind to ourselves instead of “shoulding” on ourselves.
 - b. Let what you do be good enough, and let go of the guilt over the things we didn't do today or this week for the Holiday season.
 - c. Pay attention to when the word “should” comes up and remind yourself, this is a guilt word. Only do the things you want and have time to do and let go of the Holiday guilt.
 - d. Here's some tapping for this.

Have your tapping chart available if needed.

Tap on the karate chop point and say out loud:

Even though I ‘should’ on myself, I choose to be kind and accept where I am during this Holiday season.

Even though I ‘should’ on myself, I choose to be kind, loving and accept where I am during this Holiday season.

Even though I didn't do everything I wanted to be ready for the Holidays today I choose to feel good about what I did, and let the rest go.



KD's Adventure's Holiday Survive to Thrive Guide

Tap on the other points (if you like) and say out loud:
Choosing to let the rest go and enjoy the Holiday's.

When we omit "should" from our vocabulary it can dial down Holiday guilt and more Holiday enjoyment can be experienced.

5. Stand in your power and honor yourself during the Holiday season

Most people's lives are already full and when we add Holiday's in it can be extra hectic. I use to give my power away often but I'm learning to stand in it.

This doesn't mean I have to be a tyrant it's about knowing the two W's of me. What I'm willing to do. Why I'm willing or not willing to do it.

It feels better within me to know what I need and honor myself on my journey.

As you make plans and choices around the Holiday's check in with yourself and make sure you are honoring yourself and standing in your power. Ask yourself these questions as you walk through this protocol:

- a. What am I willing or not willing to do? It is your choice.
- b. Why am I willing or not willing to do it? Great reminder to myself for my why
- c. I don't have to explain to others why just answer yes or no, keep it simple

Check in with yourself, honor yourself and stand in your power during the Holiday's.



KD's Adventure's Holiday Survive to Thrive Guide

Thank you for picking up my guide. I hope the tools help you create a thriving Holiday season full of peace and joy.

If you'd like more thriving Holiday information, look at my Holiday audio kit. It will walk you through tapping to address those Holiday funks. It includes:

- a. Five audios on: Holiday Economic Worries, Holiday Family Dynamics Dread, Holiday Limits- Standing in your power, Holiday Overwhelm & Holiday Stress with a Protocol (tapping) Chart
- b. PDF with more information on tapping
- c. Included in PDF words for the protocol for each audio. You can read it out loud and tap.

With this kit at your fingertips you can dial down and release Holiday stress, worries and pressures and by lowering and releasing these you can create more inner holiday peace.

Here's a 35% off your order coupon code and a link to the

[Holiday Survive to Thrive Kit](#) on KD's Adventure



Let's thrive during the Holiday's!

