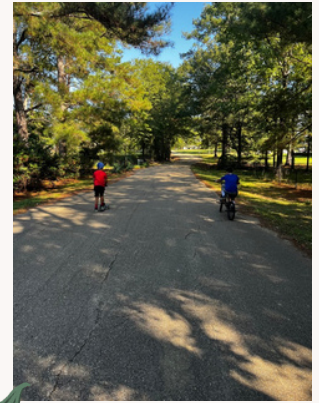




In October we celebrated some birthdays. Our son-in-law, Kiel had one at the the beginning of October and our daughter, Lara, had one at the end of the month. They both turned 37. (How did my baby grow up so fast?)



The Tuesday night “Dub Dub Supper Club” went out to eat! We have gone out to eat a few times over the past few months and we had been going out on Thursday nights. Now with my holistic wellness coaching practice plus WW coaching, my week nights are full. This sweet group graciously agreed to go out on a Friday night so I could go along. They were so sweet to do that! Good food & great friends are an awesome combination. (I forgot to take a pic.)



This year our school district had an entire week off for fall break! It was a fabulous, laid back week. The grand boys and I took walks, had picnic lunches, and enjoyed spending time together.



And a month wouldn't be complete without some baseball!



HOLISTIC WELLNESS JOURNEY

To be the best version of yourself you need to take care of yourself first no matter how busy you get. Here are 30 self care ideas to do this month.



Self CARE

1. take a walk
2. look for pretty colored leaves
3. decorate your home for fall
4. buy some candles
5. drink some hot chocolate
6. buy a festive mug
7. go to the pumpkin patch
8. color
9. make s'mores
10. watch a Thanksgiving movie
11. bake
12. doing a morning stretch outside
13. have a movie marathon
14. make a fall playlist
15. do a puzzle
16. have a spa day
17. go on a hike
18. make candy apples
19. make a pumpkin dessert
20. go on a picnic
21. go camping
22. do some arts and crafts
23. visit a corn maze
24. go thrifting
25. buy a book
26. buy some funky socks
27. look at old photos
28. scrapbook
29. have a bonfire with friends
30. buy a new fall outfit

"Oh give thanks to the LORD, for He is good; for His steadfast love endures forever!"

1 Chronicles 16:34

Hello November

November marks the official begin to our holiday season. Here are a few recipes that I think you will like. Plus they're easy!

I LOVE cornbread, but it can be more points than I want to spend. This recipe is delicious and only 2 points per muffin.

CORNBREAD
muffins

Ingredients:

- Del Monte Sweet Corn Cream Style, Golden (2 cups)
- Self rising white cornmeal (1 cup)
- eggs (2)
- onion (1/2 cup)
- jalapeno pepper (1/4 cup)

Directions:

- Preheat oven to 400 degrees.
- Combine all ingredients until moist. (can leave out jalapeno if you don't like it hot)
- Pour into muffin pans sprayed with non-stick spray.
- Fill each muffin 3/4 full.
- Cook on 400 for about 15 mins.

Enjoy!

One muffin is 2 points on WW or 2 muffins for 3 points



Give this delicious "lightened up pecan pie bites" dessert a try at your Thanksgiving meal!

Click on the picture for the link to the recipe.



I made these last Thanksgiving and they were a favorite.

WW members check out this recipe



click the picture for the link to the recipe

Dub Dub Club

aka weight watchers

As I shared with you last month, I have embraced a shift in wording. Now I set **intentions**, instead of goals. Sometimes I do new ones each day, other times I keep the same ones for a week. Over the past week or so, I challenged myself to write down what I value, my why, my focus for my body, mind, and soul. Then looking at those core values I set my intentions. I want what I am spending my time doing to align with my values.

My Core Values

body~ to be physically strong & healthy, to honor my body by eating nutritious food & getting in movement
mind~to have a positive mindset, to create new pathways of life-giving thoughts
soul~to grow in my relationship with God, to honor Him with my life, to love & serve others

Intentions

- *to enjoy seasonal treats without binging on them by balancing my points budget in a way that allows treats to fit
- *to intentionally move 3-5 days a week
- *to put my phone away each night and spend some time reading
- *to daily spend time with God and in His Word

"Monthly Challenge"

Before the busy holiday season gets into full swing, take some time to write out your core values as far as your health journey is concerned.

What is most important to you?

Keep this in a place you can see it on a daily basis. Then set your intentions or goals based on this list.



Interested in giving WW a try?
Click on the logo and follow link.

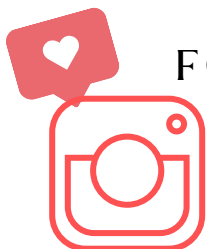
One of my favorite products:



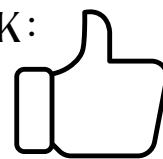
So delicious for yogurt bowls or on ice cream. They also sell it in chocolate.
0 points

Living & Losing

Where to find me?



FOLLOW ME ON INSTAGRAM & FACEBOOK:
@LIVINGANDLOSINGWITHLORI



WEBSITE:

WWW.LIVINGANDLOSINGWITHLORI.NET



click on the pic above to send email

Big Announcement!

In January, I will launch my new adventure as
a holistic wellness coach!

I'm so excited!

Soon pricing and other info will be posted on
my website. If you want more information,
email me and we can discuss details.

