



December was a month filled with family, friends, and faith. Even though it flew by, I did my best to soak in every minute.

At the beginning of the month I celebrated 1 year at Lifetime with Weight Watchers. If you're new here, I began my last go 'round with WW in June 2021. I vowed at that time to never quit and to make it to goal and become a lifetime member. On December 9, 2023, I made it, a "lifetimer!" At that time I had lost 85 pounds. I have since lost another 15 pounds and am more determined than ever to keep the weight off.

This month I hosted what I hope to be an annual "Dub Dub Supper Club" Christmas party. We had a wonderful time! We ate some yummy food, talked, and played "Naughty Santa."

Our youngest grandson had a Christmas program at his school. He had his first speaking part and he did an awesome job! We were so proud of him! I am very thankful to live close enough that I can go to all of my boys' programs.

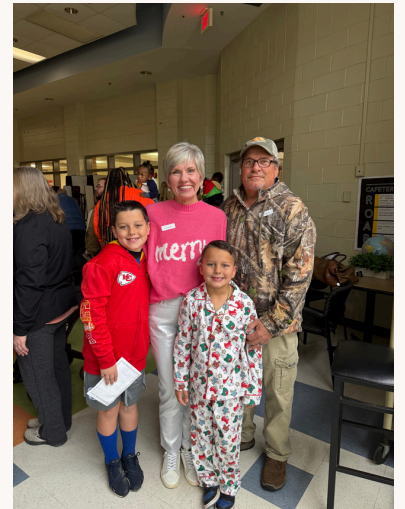
My Littles were so full of excitement as Christmas approached! The week before Christmas we decorated cookies, made cute crafts, and sang all the Christmas songs. Oh, and we watched "The Grinch" everyday!

Christmas Eve our family attended services at our church then had dinner together and opened gifts. There's nothing quite like seeing the joy on your grandchildren's faces when they open their gifts.

We closed out the month and 2024 at home with a roaring fire a shrimp dinner. Just a simple, relaxing night at home!



DECEMBER





# HOLISTIC WELLNESS JOURNEY

We blinked and here we are in 2025!

The beginning of a new year often brings resolutions. We have the best of intentions, but then, well, life happens. We fall back into old habits. We revert to things that feel familiar. Let's dare to do something different this year. Instead of making resolutions that we probably won't keep past January 15, let's approach change another way this year.

## Write a new year's letter to yourself



*first*

1. list 3 things that worked for you in 2024 (what goals did you meet, how did you improve your body, mind, and/or soul)
2. make a commitment to continue those things
3. list 3 things that didn't work for you in 2024 (what do you wish you had done differently)
4. make a commitment to change those things (what will you do to ensure you make the changes necessary to meet your holistic wellness goals)

*then*

*as you begin to write, be kind, but be honest with yourself  
about*

- \*the best parts of the past year
- \*the hard parts of the past year
- \*your hopes for the new year
- \*your focus for the new year

*as it all pertains to your health journey*

Then, at the beginning of each month read your letter to yourself. Compare it to the monthly goals you set to see if you are on target to make the changes you desire to make in 2025.

*"you were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness." Eph. 4:22-24*

# Hello January

Colder months mean soups and comfort foods. Here are a few of my favorite cold weather recipes.



## Slow Cooker Beef Stew

A delicious filling stew for those cold winter nights  
Click on the picture for the recipe link.

Servings : 6

### Cranberry-orange mulled cider

**Ingredients :**

- 5 cups of apple cider
- 3 oz of cranberry juice cocktail
- 1 tsp of whole cloves
- 1 large orange (peeled & sliced)
- 1 cinnamon stick
- 1 piece fresh ginger, peeled and thinly sliced

**Procedure :**

Combine all ingredients in a Dutch oven; bring to a boil. Cover, reduce heat and simmer 20 minutes. Strain cider through a sieve into a bowl; discard solids. Serve warm.

Serving size about 1 cup

**Weight Watchers Points :**  
6



WW members check out this recipe



## Blueberry-Banana Oatmeal Breakfast Bread

click the picture for the link to the recipe

# Dub Dub Club

aka weight watchers

This New Year feels different to me. Let me explain. For years my New Year's resolutions had something to do with weight loss, getting in shape, etc. I started 2024 at goal. I've worked hard at maintaining that weight loss all year and while I will always ( I think) have to work at maintaining, I don't need to lose weight. I walk at least 5 days a week and my mindset is stronger than ever. All of this adds up to a feeling I've never had before. A feeling of contentment. To be honest it's a strange feeling. In some ways it's scary. In some ways it's thrilling. So, I think in light of all of this I need to challenge myself in 2025. My core values haven't changed, but what will change are my intentions. I will set challenges for each area~body, mind, and soul. I do not have a great track record of setting long-term intentions. Who knows, maybe this year will be my year. 😊

## "2025 Challenges" ~body~mind~soul

### *body*

\*complete 3 step bets this year

### *mind*

\*learn 3 new things this year (how to crochet, how to hit a baseball, how to do creative lettering)

### *soul*

\*read 1 book a month ( self-help, inspirational, motivational)

## Monthly Challenge

What is something new you would like to do this year?  
Pick something and create a plan to make it happen.

## 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

## One of my favorite products:



If you like dill pickles, you will love this! I have used it as my seasoning on my lavash chips as well as popcorn.



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



# Living & Losing

Thank you for all of your support and encouragement as I have prepared to launch my new business. I have started taking clients and am so excited to help others achieve their goals.

Coaching News!

I am offering a special that is only available to you, my newsletter subscribers. I am offering you a 20% discount on my coaching packages (excludes single sessions).



If you wish to sign up for a package, email me and include the code

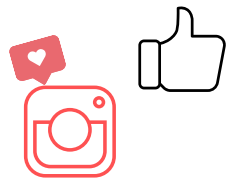
“NEWSLETTER2025”

(all packages must be prepaid, discount will be taken off the total amount)

\*participants must be signed up for newsletter to redeem code

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