



# TEN TIPS to THRIVING for the Holidays

*from*

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**Susan's Innovative Work Helps Women  
Take the Journey from Victim to Survivor to Thriver  
... and Survive (and Thrive!) for the Holidays!**

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## **TEN TIPS to THRIVING for the HOLIDAYS!**

1. **Be Positive!** Surround yourself with positive people and things.
2. **Change your holiday rituals or traditions.** Try something new and different.
3. **Stay in the present!** Don't dwell on things good or bad about past holidays.
4. **Quiet your Inner Critic.** Don't let it rule you. Go with the best case scenario!
5. **Eat & drink in moderation.** Find ways to celebrate in good health.
6. **Don't expect too much** or settle for too little. No need to be perfect, just happy!
7. **Be compassionate** with yourself and others. Give yourself a break and relax!
8. **Spend time alone.** Solitude can be good, quality time for you.
9. **Buy yourself a THRIVER gift!** Celebrate the *thriver* energy in you!

**#10. Have FUN! Find joy this holiday season. You deserve it!**

***Living Well is the Best Revenge!***

***Happy Holidays! ~Susan***

Check out Susan's books and materials on her website at [www.ThriverZone.com](http://www.ThriverZone.com).

For more about her free upcoming *virtual* workshops, visit [www.MyAvengingAngel.com](http://www.MyAvengingAngel.com).