

# Healthy *Holidays* *masterclass*

A guided workbook to help you integrate the masterclass. Use this workbook to help go through the holidays with integrity, ease and joy. Come back to it when you need!

Happy Holidays!



*Hi,*

I'm *Tamara Green* the founder of **Empowered Health**, an accountability-led health transformation program, that helps you go from knowing what to do - to actually doing it!

**Empowered Health** helps you create expansive energy in your body, live in a body you enjoy, break patterns that block your progress while building your metabolic health. It combines nutritional biochemistry, mindset work, embodiment practices and strategic guidance, so you can genuinely be the healthiest version of you!

I'm also a certified nutritionist, holistic health coach, 2x best selling and award winning cookbook author, TV guest expert and mom to two boys aged 7 and 10.

I was the queen of the STOP/START cycle. I'd start a plan, life would get in the way (holidays, my kids would get sick, I would get sick, travel, etc) an interruption would happen, I'd stop, I'd go back to old patterns, then feel fed up, then start again, life would get in the way and so the stop/start cycle went on and on. No progress, always feeling guilty and stuck. It became excruciating, until I came up with a process that changed all of that - which I'm sharing with you in this masterclass and workbook!

*x Tamara*

# The workbook is designed to help you

**This workbook is designed to help you:**

- Maintain your health habits through busy, emotional, or joyful holidays
- Move with interruptions instead of fighting them
- Anchor into the identity of the healthiest version of YOU
- Eat with intention, balance, and respect (not restriction)

**The holidays often look like this:**

Busy → Overstimulated → Collapse → “I’ll restart in January”

This STOP / START cycle:

- Breaks momentum
- Creates guilt and frustration
- Makes restarting harder when momentum is cut

When you think about past holidays, what usually happens to your habits?

- I abandon structure
- I overeat foods I don’t actually want
- I skip meals → then overdo it
- I disconnect from my body
- I crave January to “fix it”
- I \_\_\_\_\_

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# 3 reasons your habits are more solid at home

Maintaining your habits becomes easier when three specific elements are in place



## Environment

- When your environment is set up for you to win, it's easy to be in a good rhythm
- home-court advantage vs. away-court disadvantage

## Accountability

- When you have people on your team, believing in you, encouraging you, holding your vision with you and checking in with you – adherence to a habit goes up between 65%-95%
- This is why people in the Empowered Health community maintain their habits really well – they are accountable to a coach (me!) and a community of people

## Identity

- The most successful people who maintain their energy, commitments and habits through whatever life throws their way are the ones who have **embodied the identity** of the person who does these things and has these goals
- consistency is not about doing things perfectly or the same no matter what, it's about how **adaptable and agile** can you be to the circumstances. To still commit to your habits creatively in the face of the unexpected → this all comes down to identity
- **Outcome-focused** (goal: I want results) → 28% maintained behaviour at 6 months
- **Process-focused** (goal: I will do specific actions) → 41% maintained
- **Identity-focused** (self-concept: I am this kind of person) → 73% maintained

# What takes you out of your commitments?



Environment changes?

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Accountability / People Shift?

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Identity Shift?

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What else is it for you?

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# Environment

How is your environment set up for your success normally?

- food/meals/cooking/supplements

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- movement/exercise

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- sleep/rest

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- stress-release/nervous system regulation

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# Accountability

Who is on my team? Whose team am I on?

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How can I enrol them to help me and encourage me? What specifically do I need to ask them to do? E.g. when I get triggered, have them tell me to breathe, remind me of the Sacred Eating principles?

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# How to approach eating over the holidays?

## *Sacred Eating*

Step 1:

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Step 2:

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Step 3:

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Step 4:

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Step 5:

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Step 6:

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Step 7:

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Step 8:

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# How to approach eating over the holidays?

## *Blood Sugar Balance System*

You can never outrun low blood sugar or hunger pangs, especially if you're used to eating at a certain time and you're skipping the meal or delaying it – NO amount of "identity" or willpower in the world will interrupt the need to eat whatever is there to bring your blood sugar up!

Step 1:

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Step 2:

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Step 3:

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Step 4:

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Step 5:

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# Next Steps

**1) Book a complimentary session [here](#)** with Tamara to help you navigate your holidays and beyond!

**\*\*link will also be sent out after the masterclass with additional January dates**

**2) Join the WhatsApp channel** to get inspiring voice notes and reminders over the holiday season to keep you in the energy of support and accountability

**\*\*link to be sent after the masterclass** (you don't need to share anything on this channel, just listen and get inspired!)

**3) Check out [Empowered Health program](#)**

**Next session starts Feb 25, 2026**

**4) Follow Tamara Green – [@livingkitchenco](#)**

