

# Christmas Bucket List Challenge

- Decorate your Christmas tree together.
- Make everyone's favorite shake, dress in your pj's, & take a drive to view Christmas lights.
- Share 3 healthy holiday victories.
- Make a THM dessert to take to a Christmas party to share and keep a portion for yourself so you can stay on plan.
- Draw up a Christmas spending budget and spend a portion on donation to charity.
- Share an on plan THM dessert recipe and/or picture you made on this post.
- Share how THM or Anchored Hope Health Coaching has been a blessing to you this year.
- Draw a line in the sand or decide on a limit of what you will or won't eat this Christmas season.
- Drink on-plan hot cocoa and/or set up your own THM cocoa bar.
- Take your favorite holiday recipe and make it on plan or ask for tweak suggestions.
- Make a list of deep S meals & snacks to have just in case you eat off plan or overindulge in heavy S meals.
- Make your THM friendly menu for all of your celebrations & Christmas Day.
- Collect items for a charity drive.
- Sing Christmas carols together.
- Make popcorn strings & try not to eat them. :) 
- Share a picture of your Christmas tree.
- Call family who may be in isolation or quarantine during the holidays.
- Make Christmas candy & desserts that are on-plan.
- Have family Christmas movie night with on-plan snacks and candy.
- Support a small local business for Christmas.
- Make a Christmas craft with family.
- Make a handmade gift, card, or THM recipe and deliver to a neighbor..
- Pray for someone.
- Choose and perform a random act of kindness to a stranger.
- Read the Christmas story from the Bible with your family.