



Holiday Blues Buster Series

Week 1: Calendar Games

Audio: <http://bit.ly/su-btr-20161121hbbs>

Video: <http://bit.ly/su-yt-20161121hbbs>

Theme: How to add quality time during the holiday madness.

- Time Management Skills
- Say NO free of doubt, guilt, shame or worry!
- Healthy Boundary Setting Tools

● **Call To Action** ●

Pace & track time!

- Set boundaries.
- Say no to others says YES to YOU!
- Map out time (days, weeks, months).

November 21, 2016 Class Roster

- Brejetta Tally (<https://twitter.com/tally162>)
- Cheryl Ryser (<http://bit.ly/craloha>)
- Kareem Maize (<http://bit.ly/kareemmaize>)
- Kim Whiteaker (<http://bit.ly/fb-kwhiteaker>)
- Rik Rodriguez (<http://bit.ly/craloha>)
- Marsha Sortino (<http://bit.ly/sortino>)
- Soul Dancer (<http://bit.ly/suitunes>)
- Tonya Heathco (<http://bit.ly/fb-theathco>)

Class Schedule (2016-2017)

- Week 1 (11/21): Calendar Games
- Week 2 (11/28): Traditions Old & New
- Week 3 (12/05): Balance Giving & Receiving
- Week 4 (12/12): Calls, cards, emails OH My!
- Week 5: (12/19) Reflections, Resolutions & Respect
- Week 6 (12/26): New Year Kick-Off
- Week 7 (01/02): Extreme Self-Care
- Week 8 (01/09): Create & Maintain Awesome Support
- Week 9 (01/16): Solid Stress Management Skills
- Week 10 (01/23): Romance Manual Upgrades
- Week 11 (01/30): Random Acts of Kindness
- Week 12 (02/06): Post Holiday Healthy Habits
- Week 13 (02/14): Valentines Grand Finale!

Register at SoulUniversity.Org