

The SiStar Coach's Corner

Glowing Up Through Holiday Fever.
guarding your peace, and thriving this season.



Guide: Coach Jacqueline Mitchell

THE QUARTER 4 COLLISION IS REAL



THE WORLD'S EXPECTATION:
FESTIVE BLISS, ENDLESS CHEER, AND
A PERFECT HALLMARK MOVIE ENDING.

THE LIVED REALITY:
FINANCIAL PANIC, UNMANAGED FAMILY
DYNAMICS, THE HEAVY URGE TO PUT
THE SUPERWOMAN CAPE BACK ON, AND
THE QUIET GRIEF OF THE SEASON.



THE DECLARATION:
WE ARE NOT DOING THIS SEASON IN
SURVIVAL MODE. YOU DO NOT HAVE TO
JUST GET THROUGH IT—WE ARE GOING
TO THRIVE RIGHT THROUGH THE HEAT.

Vibe Check to Set Your Atmosphere



Track to Play: "More Than Enough" by Ce"Jae

The Action: Drop your shoulders from around your ears. Unclench your jaw.
Take a deep breath in, and let out a slow exhale.

The Mantra: I don't have to perform for anyone to be worthy today.

You Are a Thermostat, Not a Thermometer



The Thermometer:
Absorbs and matches the room's
unmanaged dysfunction and tension.

The Thermostat: Sets and holds the
internal calm. Takes a holy sabbatical
if the heat rises.

The Gem: *You are not a public park
with open gates; you are a private
estate with invite-only access. You are
not required to absorb their weather.*





Sis, Tell Your Business: Guarding the Gates

Prompt 1: Which specific family member or holiday tradition usually triggers your "volcano," and what is your concrete exit strategy before you step into the room? **I will....**

Prompt 2: How will you practice being a thermostat instead of letting someone else's dysfunction dictate your temperature this year? **I will....**

Taking Off the Cape and Guarding Your Coins



The Trap: Swiping high-interest credit cards to buy approval, avoid looking cheap, or finance a false expectation of happiness.



The Truth: Know the true meaning of the season/year. It's a time to reflect as we move forward. Real love never demands your financial ruin.

The Reality: Retail therapy is just a temporary band-aid. Going into debt to keep folks smiling is people-pleasing in disguise.

The Holiday Vibe Matrix

	People-Pleasing Superwoman	The Glow-Up SiStar
Finances	Buys gifts out of guilt and fear of judgment.	Gives the free gift of presence and prayer; honors a \$0 boundary if needed.
Family	Attends every fight she is invited to.	Embraces the “Boundary Hangover” and confidently says no.
Expectations	Hopes toxic, unhealed people will magically change this year.	Manages expectations ahead of time and plans her own peace.



Sis, Tell Your Business: The Guilt-Free Boundary

Prompt 1: Where have you felt pressured to overextend yourself financially during the holidays just to avoid feeling “unkind”?

I will no longer...

Prompt 2: What is the difference between being “nice” (avoiding conflict) and being “kind” (honoring your financial reality)?

Being kind means...

Prompt 3: What is one non-negotiable boundary you will declare over your wallet and your peace this month?

My non-negotiable boundary is...



Grieving While Growing Through the Empty Nest

The Pivot: Acknowledging the empty dinner table, the post-divorce reality, or the sting of tender memories.

The Shift: You can be elevating and healing while still acknowledging past loss.



The Gem: Single is a superpower, not a sentence. You are not in lonely isolation; you are in sacred solitude. Refueling isn't a luxury—it's essential maintenance for your soul.

Vision Board: Proactive Peace Requires Stacking Your Days



Solo Trip Planning



Nature Walk

Quiet
Reflection



Comfort Cooking

Gift Wrapping



Call Family



Sacred
Solitude



Set
Boundaries
Honoring Your
Financial Reality



Church Service



Refueling Your Soul



Sis, Tell Your Business: Releasing the Picture

Prompt 1: What “picture in your head” about family or holidays do you need to grieve and release so you can enjoy the reality of where you are today?

Prompt 2: What is your concrete self-care plan to “stack your days” this season so you aren’t left stranded in sadness?

Your Glow-Up Blueprint for the New Year

Your vision isn't a wish list to manifest; it's a strategic instruction for your progression. (Habakkuk 2:2)

1

**Discovery &
Spark:**
Unearthing your
true values and
triggers.

2

**Strategic Action
& Shine:**
The deliberate,
grace-filled
decision to set
non-negotiable
boundaries.

3

**Radiant Purpose
& Glow:**
Executing the
intentional steps
through the
discomfort.

The Fair Trade

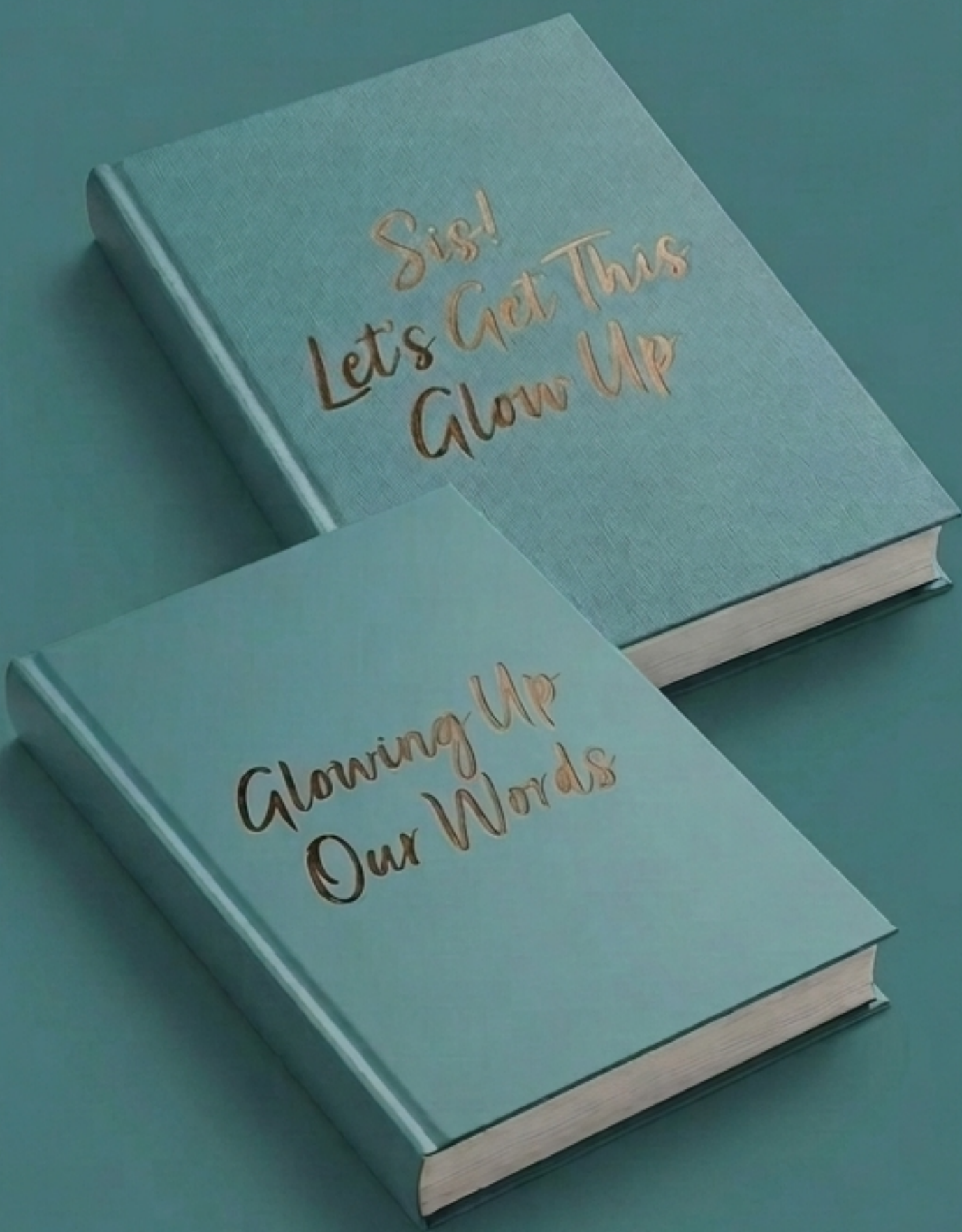
“I’ve been losing friends and finding peace. Honestly, that sounds like a fair trade to me.”



The Synthesis: Losing chaos to find peace is always the goal. A quiet home filled with peace will always beat a crowded table filled with chaos. Celebrate with who wants to celebrate with you.

Relax, Relate, Release: The Blueprint Declaration

I declare that my vision is clear, my purpose is aligned, and my steps are ordered. I am not drifting through this season; I am intentionally building a legacy of peace. I release the fear of stepping into new spaces. My mind is ready, and I am boldly stepping into my divine assignment.



Read: Grab the books: **coming soon.**

Transform: You don't have to do the heavy lifting by yourself. Book your Complimentary **"Virtual Clarity Tea"** for November or December.

Connect: Let's sit down and write your exact blueprint for 2027.

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