

MANIFEST
YOUR MOST

Magical

ALCOHOL-FREE
HOLIDAY
YET

KAROLINA RZADKOWOLSKA

EUPHORIC

AF

Meet Your COACH

KAROLINA RZADKOWOLSKA

HI THERE

I'm a certified alcohol-free life coach and bestselling author who specializes in helping highly intuitive women make alcohol insignificant and harness their true potential.

I've worked with thousands of clients through my online courses and coaching to change their drinking habit and unleash a new level of health, happiness, and potential to go after their biggest dreams. I'm the author of the book *Euphoric: Ditch Alcohol and Gain a Happier, More Confident You* published by HarperCollins.

I'm passionate about helping you discover what really makes you happy outside of a beverage and design a life you love. Let's do this.





WELCOME

Happy Holidays!

Just by downloading this free guide, you're taking the right steps for an alcohol-free holiday season full of joy and wonder.

Let's clear something up: **Most** people drink way above health guidelines' recommendations. Alcohol negatively affects their physical and emotional well-being, and they never stop to question it.

You're different. You're here because you're curious about a new way of living. You're ready to explore a new sense of wellness, introspection, and learning to meet your needs in new ways. You're ready to crush the holidays alcohol-free, and this guide is here to help!

Wishing you a magical AF holiday!

tip

01

CELEBRATE THE SEASON WITH FESTIVE MOCKTAILS

Belonging is an innate human need. It may feel a little uncomfortable if you're the only one in the room without a drink in-hand.

Crush feelings of deprivation this holiday season with a fun alcohol-free drink.

If you are at a party with a bartender, ask them to make you a festive option without alcohol.

For gatherings at friends' houses, bring a tasty non-alcoholic beer or alcohol-free wine.

If you're hosting, break out the mocktails or serve your favorite fancy drinks. Try my [Cherry Almond Fizz mocktail](#), [Spiced Oolong White Russian mocktail](#), or Google other festive options. You can find candy cane-flavored mocktails, cranberry mocktails, and so much more! Guests may also enjoy sipping on hot drinks, like hot spiced apple cider, hot chocolate, or homemade golden chai tea.





TIP 2

PERFECT YOUR ONE LINER

Know what you're going to say if someone offers you a drink or asks why you're not drinking.

A simple one-liner will do. Pick one and say it with confidence. Try:

"No thanks. I don't drink."

"I'm good. Thanks!"

"I'm not drinking."

Be direct. You don't have to share anything you don't want to. Leave it at, "I'm not drinking right now" and change the subject.





FEEL LIKE A KID AGAIN

TIP 3

One of the best parts of being alcohol-free is feeling like a kid again.

Alcohol floods your system with the feel-good chemical dopamine to create a fleeting, 20-minute buzz.

To compensate, your brain produces less and less over time. This leaves you literally unable to enjoy the little things and feel life's natural highs.

After the first few weeks alcohol-free, your brain returns to normal and positive feelings come flooding in.

Get ready to experience child-like wonder and an abundance of holiday spirit!

An alcohol-free holiday is the perfect opportunity to revisit your favorite childhood experiences.

What made holidays magical for you as a kid? Write a list.

Maybe you loved sledding and snowball fights. Was it tradition to build a snowman every year? Did you enjoy baking sugar cookies, decorating gingerbread men, and stirring your hot chocolate with a candy cane?

Maybe you made hot apple cider with mulling spices and sat in front of the fire, decorated the tree as a family, or snuggled under blankets and watched Christmas movies.

Did you make popcorn garlands and paper snowflakes? Jot it down.

Make a list of at least 10-15 things and challenge yourself to do at least five things from your list.



Tip 4

GIVE YOURSELF PERMISSION TO SAY NO

You don't have to sit through a family gathering that makes you uncomfortable. If a holiday work party might tempt you to drink, skip it. It's OK.

Get clear on what you want and give yourself permission to say no.

First, be honest with yourself. Do you want to go? Don't force it. If the answer is no, the answer is no.

Give yourself permission to do what makes you happy and remember "no" is a full sentence.

"Sorry—I can't make it" is more than enough.

How do you pass along the message? Do what feels right. If you're comfortable saying no in-person or on a quick call, perfect. If you need to text to say you won't be there, that's fine too. Right now, your priority is your well-being and sleighing the season alcohol-free!

Tip 5

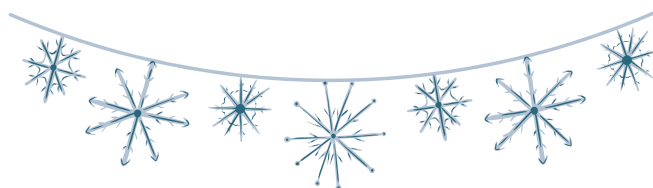
PRACTICE SELF-COMPASSION

Be kind to you! With the right mindset shifts, being alcohol-free will feel like a gift.

Have faith and stay strong. It takes a little time.

The first few weeks alcohol-free might feel a little uncomfortable. You're doing something new. Your brain and body are detoxing from alcohol. It's an adjustment.

Be extra kind to yourself. Be patient. Do things that fill your cup. Eat right and get plenty of sleep. Drink lots of water. Go to bed early if you need to.





TIP 6

MAINTAIN GOOD BOUNDARIES

In her book *Rising Strong*, Brené Brown writes, "Compassionate people ask for what they need. They say no when they need to, and when they say yes, they mean it. They're compassionate because their boundaries keep them out of resentment."

You don't have to smile and laugh when Aunt Mildred tells you that you have resting Grinch face. If someone makes an impolite joke, tell them they hurt your feelings. Be clear. It's OK to say, "I don't think that's very funny."

You don't have to entertain prying questions about what you're drinking, your relationship status, job, or how many children you're going to have and when you're having them. Change the subject. Let them know, "I'd rather not talk about that."

Strong boundaries are clear, honest, and direct.



TIP 7

START A NEW TRADITION

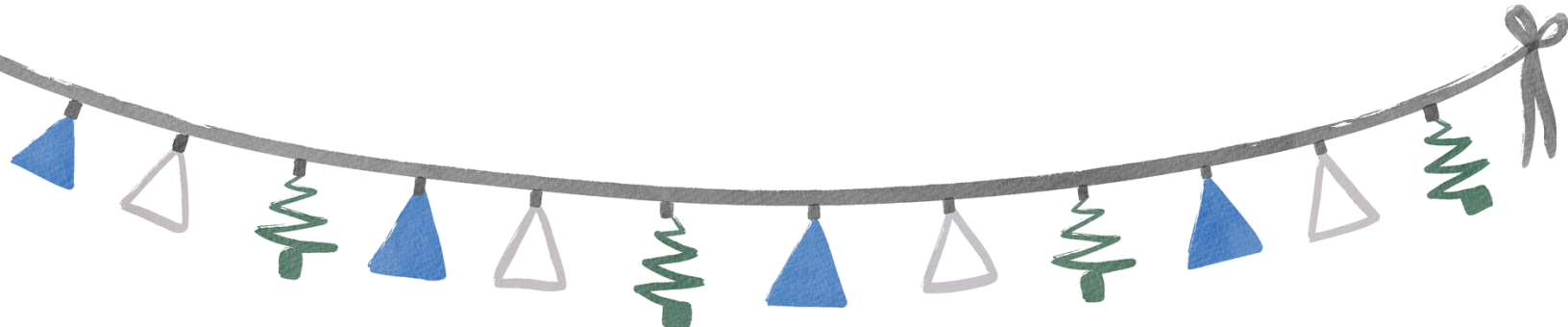
We live in a society obsessed with alcohol. Gatherings can feel a little isolating or challenging when you're alcohol-free, especially if they revolve around drinking.

The solution? Be the one to start something new.

Every year, my friends play a silly game to get in the holiday spirit. They duct tape oven mitts to their hands and try to open a wrapped present.

Everyone gets 30 seconds to try to unwrap the gift before passing it onto the next person. Whoever opens it gets to keep what's inside. Everyone has a good time no matter what's in their glass.

Other ideas include having a holiday-themed potluck, caroling, volunteering, running a holiday-themed 5K, building gingerbread houses, baking cookies, doing crafts, watching movies, or making holiday cards for hospitalized children.



TIP 8

REFRAME FOMO TO JOMO

Reframe the fear of missing out to the JOY of missing out.

As a society, we glamorize drinking. We propagate the myth that walking around a work party with a champagne glass is elegant and sophisticated. We imagine glasses tinkling together and colleagues laughing at our jokes.

The reality is very different. Most people do not stop after one or two. If they do, chances are they leave early! Anyone who sticks around for three, four, or five hours is going to have quite a few drinks.

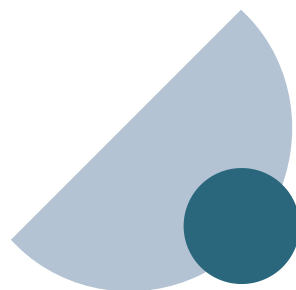
Drinking makes you loud. You start blurting things out. You might do something embarrassing. Even if you don't say something mortifying, three or four glasses of wine makes you groggy. **And** then there's the hangover the next day.

What happens when you don't drink? When you don't drink, you're clear-headed and sharp. Maybe you take time to truly appreciate the catered meal. You laugh with colleagues and remember what you said. You leave when everyone starts repeating themselves because they're drinking a little too much and wake up the next morning feeling energized and refreshed.



TIP 9

UNPLUG FROM THE MATRIX



We tell ourselves that drinking is "normal." That waking up embarrassed about what we said is ordinary.

Alcohol is poison. When you drink to have fun, you're literally poisoning yourself. (Listen to this [eye-opening podcast episode of The Huberman Lab](#) to learn more!) We live in a society conditioned to drink alcohol. If you take a step back and look at what's really happening, the fact that so many people drink something categorized as a group 1 carcinogen for fun is mind-boggling.

We are learning more and more about the harms of alcohol. New studies about the dangers of alcohol are coming out all the time. I fully believe that, in the future, we're going to view alcohol the same way we view cigarettes. It will be unthinkable to our children or our children's children that we drank so heavily.



tip 10

REMEMBER YOUR WHY

Drinking is about immediate gratification. You feel a little awkward at a party, so you grab a drink. You don't want to feel difficult emotions right now, so you pour a glass of wine. When we drink, we don't consider how we might feel tomorrow. We don't stop to think about whether a beer is really going to help us accomplish what we're trying to do.

Think about the reasons why you want to take a break from alcohol. Your why is so much bigger than a 20-minute buzz.

The women I work with choose an alcohol-free lifestyle for their health. To have stronger relationships with friends and family. To have the energy and motivation to go after what they really want. To stop playing small.

Write your reasons on the back of a business card and keep it in your wristlet or wallet. Look at it when you need to remember you why.



TIP 11

PAMPER YOURSELF

You're doing amazing! Taking a break from alcohol may be one of the best things you ever do. Congrats on choosing YOU.

The holidays add some extra challenges. Reward yourself for staying alcohol-free! Treat yourself when you celebrate a big win.

Pick things that will make you feel good. Buy a new book, schedule a massage, take a long bath with essential oils, or buy a new set of silky sheets.



THANKS FOR READING

Beautiful, I want you to have your most magical holiday season yet, and I **wholeheartedly** believe in your ability to make it happen.

You're so much bigger than hangovers and playing small. The life you really want is far more important than what's in your glass.

You're on the right track. You're making amazing strides.

I hope this guide helps you when you need it most, ♥

Remember:

You're on the brink of beautiful things.

Keep going.

With love,

Karolina

PS. Need a little extra support? Join me and a community of loving, growth-minded women in my 4-month group coaching program to make alcohol insignificant. Join [Become Euphoric](#) here.

