



JULIE KAMINSKI

HOLIDAY VALUES

*Companion workbook for the
Thriving through the Holidays workshop*

WHAT ARE YOUR CHERISHED VALUES DURING THE HOLIDAY SEASON?

Pick ten, then narrow to three. How can you manifest your top three in your daily life over the next few weeks?

Abundance	Education	Intuitiveness
Acceptance	Efficiency	Kindness
Accomplishment	Elegance	Loyalty
Acknowledgment	Empathy	Making a difference
Adoration	Enthusiasm	Marriage
Adventure	Environmentalism	Mellowness
Affection	Ethics	Mindfulness
Affluence	Extravagance	Nature
Anticipation	Fairness	Nonconformity
Approval	Faith	Open-mindedness
Art	Fame	Optimism
Audacity	Family	Passion
Awareness	Fidelity	Peace
Awe	Financial	Playfulness
Balance	Independence	Practicality
Beauty	Fitness	Privacy
Belonging	Flow	Recognition
Benevolence	Freedom	Relaxation
Bliss	Friendship	Self-reliance
Bravery	Frugality	Sexiness
Brilliance	Fun	Silence
Celebrity	Generosity	Silliness
Charity	Gratitude	Simplicity
Clarity	Gregariousness	Sincerity
Comfort	Growth	Spirituality
Community	Guidance	Spontaneity
Consciousness	Happiness	Stability
Consistency	Harmony	Stillness
Contentment	Health	Structure
Coolness	Heart	Tidiness
Cooperation	Helpfulness	Truth
Courage	Honesty	Usefulness
Courtesy	Honor	Vision
Craftiness	Humor	Vitality
Creativity	Impact	Volunteering
Curiosity	Independence	Warmth
Dreaming	Intellect	Wealth
Ease	Intimacy	Wonder



ABOUT JULIE KAMINSKI

I'm all about finding ways to make optimal Healthy-Body Happy-Mind easier!

As a wellness coach, counselor and personal trainer, fitness in mind and body has been my passion for more than 30 years.

It all dates back to my days of synchronized swimming, which I started when I was nine and abruptly ended when it was cut from the university budget.

After competing in the first Olympic trials for the sport and becoming an All American, pool time was no longer part of my daily life. I immediately missed the energy: the music, the people, and the invigorating challenge of working as a team.

Teaching what was called "aerobics" back then became my exercise outlet. Years later, the Fitness industry has expanded beyond the thong leotard, and I still love helping people get fit and feel great, all the while sharing laughter, growing friendships and creating a positive community.

A Master's in Counseling Psychology, Bachelors in Business with an emphasis in Health and Wellness, National Board Certification as a Health & Wellness Coach, ACE certifications in Group Fitness and Personal Training and Wellcoaches coaching certificates form a comprehensive framework to my work. A personal trainer can show you how to do a bicep curl, but a great bicep is not everyone's answer to wellness.

What makes one person feel and look great might not work for the next. My personal recipe for health and happiness almost always includes a morning cup of coffee over a crossword puzzle, exercise before noon, and laughing over dinner with my husband and three children.

YOUR RECIPE WILL BE DIFFERENT, AND THEREIN LIES THE MAGIC.

Let's find your one-of-a-kind formula for healthy-body happy-mind. Allow yourself time to celebrate what's going well and get curious about what could make you stronger and more joyful.

xo,

Julie

