



LifeWay Women's
2019
Guide to the
BEST WINTER YET

Simply fill in how you'll make the most of the coldest season,
and check off each goal as you go!

- Find your new comfort food. _____
- Get crafty. _____
- Stay in touch. _____
- Plan a lazy Saturday. _____
- Get moving. _____
- Get outside. _____
- Involve the kids in your life. _____
- Opt for indoor activities. _____
- Start fresh. _____