



Chocolate *Therapy* GNO

HOSTESS GUIDE

a sweet chocolate-tasting girls night

featuring Yelibelly Chocolates





HELLO & welcome

Hey Sister! We see you working your tail off to be the most amazing mother, wife, friend and contributor to this world that you possibly can. And sometimes you feel discouraged when you can't keep all of those plates spinning as fast as you'd like. Girl, it's stressful! On top of that, as much as you'd love to get time with your girlfriends and feel like you're investing in yourself, who has the time (or energy) to plan & coordinate a night out?

It's easy for women like us to chalk it up to being a season of life we just have to endure. But you know you're meant for more. HeartStories is on a mission to replace the worn out stories in your mind with love. By acknowledging we are all in this together, we're establishing new ways to support each other. Together, we're improving the way women think, love, and live. Are you ready for a new story? Let's dive in to more love...

Crystal & the HeartStories Team



Girls Night Made Easy!

Here's a brief overview of what you can expect throughout this joy-filled Girls Night Out experience!

1

Enjoy a warm welcome from Crystal, followed by a guided meditation to open your heart.

2

Get a front row seat to an exclusive interview & connect through storytelling.

3

Have fun tasting gourmet chocolates with Sarahbeth "Yeli" Marshall of Yelibelly Chocolates!



SOMETHING TO TALK ABOUT *how Storytelling works*

This is our favorite part of Girls Night - we call it "Gossip Time!" Don't worry, it's GOOD gossip - the kind where personal stories are shared, and the most authentic connections are made! During your storytelling session, you'll hit the "pause" button on the evening for a few minutes to connect on a deeper, more meaningful level with your girlfriends.

"A connection is the energy that exists between two people when they feel seen, heard and valued ..."

• UNKNOWN •



Frequently Asked Questions

[What will I need to do to prepare for hosting an event?](#)

Hosting a HeartStories GNO can be as simple or "to the nines" as you want it to be! We have women who go all out with decorations and themed meals, while others show up with pizza, messy buns and yoga pants. The level of prep is up to you. Just remember to invite your girlfriends!

[What supplies do I need for this event?](#)

Our goal is to make GNO as easy as possible, so we've provided a clickable Shopping List in this guide with links to everything you'll need for a fun, successful event!

[How do I access my Girls Night event?](#)

Your confirmation email includes instructions on how to access to your virtual GNO on Demand event. Please refer to the steps provided to view your video.

[How long do I have access to an event after I purchase it?](#)

Once you've purchased a GNO on Demand event, it's yours to use over and over again! This means you can host multiple Girls Night events with different groups. More gatherings = more connections!



Frequently Asked Questions

[Can I stream the event on my TV?](#)

If you have a smart TV, you can mirror your screen from your laptop or phone. If you don't have a smart TV, try connecting your TV to your computer with an HDMI cord. Please refer to your TV manual or [click here](#) to learn how.

[Can I interact with other attendees in real-time?](#)

Due to the pre-recorded nature of our On Demand events, our live chat feature will not be available. If you're gathering virtually for this event, we encourage you to use FaceTime, Marco Polo or a similar communication tool to interact with your girlfriends.

[Will I be able to get technical help during the event?](#)

While we do not currently have an IT Department, we *will* do our best to assist you with minor troubleshooting issues that may arise during your On Demand event. We encourage you to test your video and internet connection prior to gathering to ensure a seamless experience. Should you experience any technical difficulties, please message us on [Facebook](#) or [Instagram](#), and we will respond as soon as possible!



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Clickable Shopping Guide



Yelibelly Chocolate Therapy GNO Guided Tasting Kit

*Click this link
to get chocolate wasted!*

Individual chocolate tasting boxes (shipped directly to you) include:

- Samples of REAL cacao beans
- 5-6 craft chocolates of various origins
- Samples of bonbons/truffles from Yelibelly
- A Chocolate Tasting Mat
- “33 Bars of Chocolate” tasting book

Purchase a box for you and your BFF and receive a discount.

If you purchase a Hostess ticket, you'll receive an amazing discount on tasting boxes for 6 ladies and a bonus gift in the box.

* **NOTE:** The chocolates included in Yeli's kits change regularly, and flavors and country of origin may vary from those discussed in our Girls Night video. You will be able to follow along and be immersed in the chocolate tasting experience with new chocolates every time!



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Preparation Guide

STORE

SAVE THE CHOCOLATES!

Once you receive your tasting kit(s), store your chocolates at room temperature until use. If it's too warm, it will go soft. If it's too chilly, it won't melt in your mouth to properly release its flavors.



PRINT

SHE TASTES! SHE SCORES!

Print a tasting mat & scoring card for each guest. Write the names of the different chocolates on the squares of your tasting mat, starting with the highest percentage of Cacao & ending with the lowest percentage.



SERVE

YOU GOT SERVED!

Break up your chocolates into $\frac{1}{4}$ by $\frac{1}{4}$ inch pieces for sampling. (Really good chocolate is flavorful enough to experience in little bits.) Place each piece of chocolate in the corresponding square on the tasting mat.



PRESENT

PRESENTATION IS EVERYTHING!

Next to each mat, place a scoring card, pencil & small glass of room temp water. (Ice water prevents chocolate from melting & dulls taste buds.) White bread or unsalted crackers can also help cleanse the palate.



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Tasting Mat

1. _____	4. _____
2. _____	5. _____
3. _____	6. _____



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Tasting Scoring Guide

Chocolate Type	Look	Touch	Listen	Smell	Taste	Total
1.						
2.						
3.						
4.						
5.						
6.						

Chocolate Tasting Words

(that make you sound like a Chocolate Aficionado)

APPEARANCE: high shine, even color, bright, dull, glossy, flat, bloom

TEXTURE: firm, soft, smooth, silky, uniform, thin, greasy, grainy, sticky, waxy

SOUND: soft, hard, dull, sharp, quick, long, low, high

AROMA: mild strong, nutty, fruity, floral, earthy, subtle, multi-dimensional

FLAVOR: rich, creamy, sweet, bitter, spicy, roasted, flowery, salty, buttery, clean, milky, sharp, intense





Cheers to friends, fun & fancy chocolate!

Special thanks to our Featured Guest, Sarahbeth "Yeli" Marshall, for leading us! Yeli owns Yelibelly Chocolates - an artisan chocolate company located in the Dallas/Fort Worth area. She created her business after traveling overseas to Italy, where she discovered flavor-infused chocolates. Yeli brought that inspiration home and started making her own chocolates in 2007. Since then she has worked at perfecting various flavors to entice her friends and family.

Thank you for joining us for this girls night of fun, creativity and inspiration! We hope you are leaving tonight feeling refreshed, uplifted and inspired to spend even more SWEET time with girlfriends!



Follow us on social media to stay up to date on all things HeartStories!

To More Love,

Team HeartStories



WHAT'S NEXT ???

Sign up for our next Girls Night Made Easy at GNOatHome.com!

SIGN UP