

♥ heartstories

Brie Mine, Galentine! GNO


HOSTESS GUIDE

*a charcuterie class
to celebrate sisterhood*

featuring  Fig + GOAT



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

Create a beautiful charcuterie board with Bekah Relander of Fig + Goat!



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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Single & BOGO charcuterie class shopping list

● ROTH ORIGINAL VAN GOGH GOUDA, 6 OZ

● BEEHIVE CHEESE BARELY BUZZED CHEESE, 4 OZ

● OLLI SALUMERIA SALAMI, SOPRESSATA PRE-SLICED 4 OZ

● FRESH BRAND – ARTISAN BAKE AT HOME FRENCH BAGUETTE

● FRESH PACK OLIVE BRUSCHETTA, 6 OZ

● ORGANIC FUJI APPLE

● FRESH BRAND – MINI CUCUMBERS, 16 OZ

● RED SEEDLESS GRAPES, 2 LB

● AMAZON BRAND – HAPPY BELLY CLOVER HONEY, 16 OUNCE

● FRESH PACK CORNICHONS, EXTRA FINE, 5.3 OZ

● BRACH'S TINY CONVERSATION HEARTS, 14 OZ

● THEO CHOCOLATE CHERRY ALMOND DARK CHOCOLATE BAR



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Hostess (up to 6) charcuterie class shopping list

BELLA MARIA IMPORTED SPANISH MARCONA ALMONDS, 3.5 OZ

BEEHIVE CHEESE BARELY BUZZED CHEESE, 4 OZ

OLLI SALUMERIA SALAMI, SOPRESSATA PRE-SLICED TRAY 4 OZ

FRESH BRAND – ARTISAN BAKE AT HOME FRENCH STYLE DEMI BAGUETTE, 12 OZ

FRESH PACK OLIVE BRUSCHETTA, 6 OZ

FRESH PACK HOT SWEET PEPPERS, 7.1 OZ

FRESH BRAND – MINI CUCUMBERS, 16 OZ

FRESH PACK CORNICHONS, EXTRA FINE, 5.3 OZ

BONNE MAMAN CHERRY PRESERVES, 13 OZ

THEO CHOCOLATE CHERRY ALMOND ORGANIC DARK CHOCOLATE BAR, 70%

BRACH'S TINY CONVERSATION HEARTS, 14 OZ

LA BONNE VIE GOAT LOG WITH HONEY, 4 OZ

PONCE DE LEON MANCHEGO D.O.P., 8 OZ

SUN MAID MEDITERRANEAN APRICOTS POUCHES, 6 OUNCE

SALUMI ITALIANI ITALIAN PROSCIUTTO, 4 OZ

NOEL SLICED CHORIZO, 4 OZ

ORGANIC BLACKBERRIES, 6 OZ

RED SEEDLESS GRAPES, 2 LB

ROTH ORIGINAL VAN GOGH GOUDA, 6 OZ

ORGANIC FUJI APPLE

AMAZON BRAND – HAPPY BELLY CLOVER HONEY, 16 OUNCE

FRESH PACK ITALIAN OLIVE MIX PITTED, 4.4 OZ

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How To Add HeartStories Amazon Fresh List to Cart

**Note: If Amazon Cart is not available in your area, please refer to the shopping list provided to purchase at your local grocery store.*

1. [Click this link](#) (Share-A-Cart for Amazon) in a Chrome web browser window to install the Chrome Extension (Be sure you are logged into a Google account.)
2. Click “Add to Chrome” button (Agree, it will thank you and install. Then close that window.)

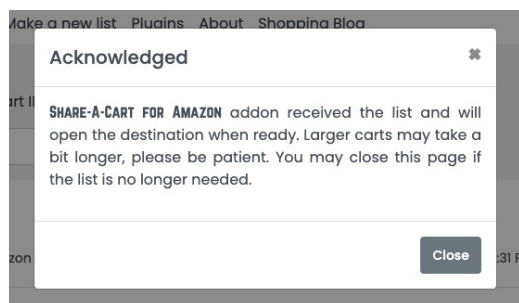


3. [Click this link](#) to open the HeartStories Charcuterie Class Shopping List - Hello List! (be sure you are signed in to your Amazon account in a Chrome Browser Window)

4. Click the blue “send all to cart” button

Send All To Cart

You will get this message, don't do anything else. Wait for it . . . while the list loads and opens your amazon cart. (sometimes this seems SLOW)



Voila! This complete charcuterie class shopping list should be added to your cart. If the item is unavailable at the time of your order, it will not add to the cart. Feel free to delete items you don't prefer and add anything you like better in its place. If any items are unavailable at the time of shopping, you can easily shop the AmazonFresh suggested items “Customers also shopped for”. This is not an affiliate link; we don't benefit in any way from the use of this link. Our only goal is to make girls night easy for you which means making shopping easy!





Cheers to Galentines, girlfriends & gathering!

Special thanks to our Featured Guest, Rebekah Relander, for leading us! Bekah owns Fig + Goat – a Dallas based company crafting the perfect pairing of artisan meats, cheeses, nuts and accompaniments hand-delivered directly to your door. Bekah provides beautiful, high-quality charcuterie boards that are a testament to her passion for quality ingredients, local sourcing & gathering around delicious food!

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 gather with your girlfriends often in pursuit of connection and fulfilling friendships!



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 your next Girls Night Made Easy at GNOatHome.com!

SIGN UP