

S M T W T F S

01

Journal your intentions for next year.

02

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# December

“One of the most important things you can do on this earth is to let people know they are not alone.”

- *Shannon L. Alder*

04

Try a ‘Loving-Kindness’ meditation.

05

Write a list of actions that nourish you, then try one.

06

Connect with someone who offers an enduring relationship.

07

List the things that make you feel warm and fuzzy.

08

Make a list of people you appreciate.

09

Practice courage by being vulnerable today.

10

Listen to the “Radical Self-Compassion” masterclass.

11

Commit to being an engaged listener today.

12

What (non-material) gift can you give yourself and others today?

13

May you feel the gifts in your life.

14

Reflect on the people who helped you get here.

15

Connect with your body with the ‘Body Scan’ meditation.

16

Where do you need connection today & how can you get it?

17

Give to a meaningful cause or volunteer in your community.

18

Try the Daily Calm with a friend/loved one.

19

Take 2 minutes to do nothing.

20

Make space for quiet reflection today.

21

Smile at a stranger today.

22

Don't forget to add rest to your to-do list.

23

Offer a loved one your unconditional acceptance today.

24

Reach out to someone who may be feeling stressed or lonely.

25

There's no right or wrong way to feel at this time of year.

26

Forgive someone today.

27

Do something kind for someone, but don't let them know it was you!

28

Give someone (or yourself) a warm hug.

29

Give yourself the gift of sleep by taking a short nap.

30

Reflect on how you've grown this year and share it.

31

Journal your intentions for next year.

*Calm*