

# DECEMBER

*“Why wait to celebrate huge milestones when our days are full of simple delights?”  
— Mel Mah*

<p><b>1</b></p> <p>Do something to celebrate a small or big win.</p>	<p><b>2</b></p> <p>Try the <a href="#">“Let’s Celebrate”</a> Daily Move today.</p>	<p><b>3</b></p> <p>Infuse some playfulness into your day: sing, dance, smile, create, explore!</p>	<p><b>4</b></p> <p>Praise yourself for something you’ve achieved this year.</p>	<p><b>5</b></p> <p>Give someone (or yourself) a warm hug.</p>	<p><b>6</b></p> <p>Write a list of the things that make you happy.</p>	<p><b>7</b></p> <p>What gifts has mindfulness brought into your life? Celebrate your growth.</p>
<p><b>8</b></p> <p>Try a meditation from the <a href="#">“Quick &amp; Easy”</a> section.</p>	<p><b>9</b></p> <p>Fill in the blank: I’m proud of myself for ____.</p>	<p><b>10</b></p> <p>Reach out to a loved one and share why you value the relationship.</p>	<p><b>11</b></p> <p>Celebrate the ways you’ve shown up for your mental health this week, month, or year.</p>	<p><b>12</b></p> <p>What (non-material) gift can you give yourself and others today?</p>	<p><b>13</b></p> <p>Let the day go with the <a href="#">“Deep Sleep Release”</a> meditation tonight.</p>	<p><b>14</b></p> <p>Spend some time outside today. Enjoy any feelings of connection or peace.</p>
<p><b>15</b></p> <p>Reflect on the people who helped you get here.</p>	<p><b>16</b></p> <p>Do something today just because it makes you happy.</p>	<p><b>17</b></p> <p>Consider the gifts of the present moment with the <a href="#">“Celebrate the Now”</a> Daily Jay.</p>	<p><b>18</b></p> <p>Take 5 mins to list the things that make you feel warm and fuzzy.</p>	<p><b>19</b></p> <p>Give yourself the gift of sleep by taking a short nap.</p>	<p><b>20</b></p> <p>Play an uplifting <a href="#">Calm playlist</a> as you cook, clean or work today.</p>	<p><b>21</b></p> <p>Gift your body some mindful movement. Walk, run, dance, stretch, whatever feels good.</p>
<p><b>22</b></p> <p>Give yourself permission to do less today.</p>	<p><b>23</b></p> <p>May you feel the gifts in your life.</p>	<p><b>24</b></p> <p>Take 3 deep breaths. Enjoy the present moment.</p>	<p><b>25</b></p> <p>There’s no right or wrong way to feel at this time of year. Embrace it all.</p>	<p><b>26</b></p> <p>Appreciate the past year with the <a href="#">“In Honor of a Year”</a> Daily Calm.</p>	<p><b>27</b></p> <p>List the gifts you’ve received from others that aren’t objects. Celebrate them!</p>	<p><b>28</b></p> <p>Get cozy with a blanket or warm drink. Notice the temperature and sensations.</p>
<p><b>29</b></p> <p>Breathe in love. Breathe out ease. Repeat 5 times.</p>	<p><b>30</b></p> <p>Organize a get-together with close friends. Celebrate new beginnings.</p>	<p><b>31</b></p> <p>Reflect on the past year. Celebrate your growth, efforts, and the gifts it brought.</p>				

