

DECEMBER

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

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

