

“If the world seems cold to you, kindle fires to warm it.”

Lucy Larcom

December

01 Listen to a loving kindness meditation today.

02 When we fill ourselves up with loving kindness, we become a source of generosity and care. Write a list of the ways you practice this towards yourself.

03 Write a list of your beliefs that tell you it's not okay to be loving with yourself. Take a moment to compassionately challenge each of these beliefs.

04 Write a list of the things that make you happy.

05 Do something that makes you happy today. While doing so, take a moment to close your eyes, take a deep breath and say, "may I be happy".

06 Write a list of the things that make you feel healthy.

07 Do something positive for your health today. While doing so, take a moment to close your eyes, take a deep breath and say, "may I be healthy".

08 Write a list of the things that make you feel safe.

09 Do something that contributes to your safety and security today. While doing so, take a moment to close your eyes, take a deep breath and say, "may I be safe".

10 Write a list of things that make you feel peaceful.

11 Do something that connects you to that peaceful place within. While doing so, take a moment to close your eyes, take a deep breath and say, "may I be at peace".

12 Think of a friend who's been feeling sad lately. Do something for them that might inspire the possibility of joy within.

13 Think of a friend who's sick. Do something for them that might support their health and well-being.

14 Think of a friend who's been feeling unsafe lately. Do something for them that might support their sense of safety.

15 Think of a friend who's been feeling stressed lately. Do something for them that might offer them some ease.

16 Offer kindness to a stranger.

17 Think of someone who challenges you, and if possible, try to hold them with care and compassion in your heart.

18 Think of some people in the world that are suffering that you don't know and do a loving kindness meditation dedicated to their wellbeing.

19 Check in with yourself today. What sort of loving kindness do you need from yourself today?

20 Offer loving kindness to your inner critic.

21 Make space for quiet and reflection today. Perhaps on a walk, over a cup of tea or while journaling.

22 If it is within your means, give to a cause that is meaningful to you.

23 Send loving kindness via text or social media today.

24 Give yourself the gift of healthy and compassionate boundaries today.

25 Feel the joy of giving today and allow yourself to receive from others fully.

26 Give yourself the gift of movement today. Go for a hike or do a Calm Body session.

27 Ask a friend to mediate with you today. Do the Daily Calm together or a loving kindness meditation.

28 What gifts has mindfulness brought into your life? Celebrate your growth.

29 Write down a list of gifts that you have received from others that are not objects.

30 Cultivate awareness of the world around you in all directions. Send well wishes to everyone within your awareness (humans and animals)!

31 Reflect on the past year. Express gratitude for the gifts this year has brought and honor the losses in your life.