04

Praise yourself for something you've achieved this year.

Celebrate the ways you've shown up for your mental health this week, month, or year.

18

Take 5 mins to list the things that make you feel warm and tuzzy.

23

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

05

Give someone (or y warm hug

What (non-materia you give yourself a today?

Give yourself th sleep by taking a

26

Appreciate the pas the "In Honor of Daily Caln

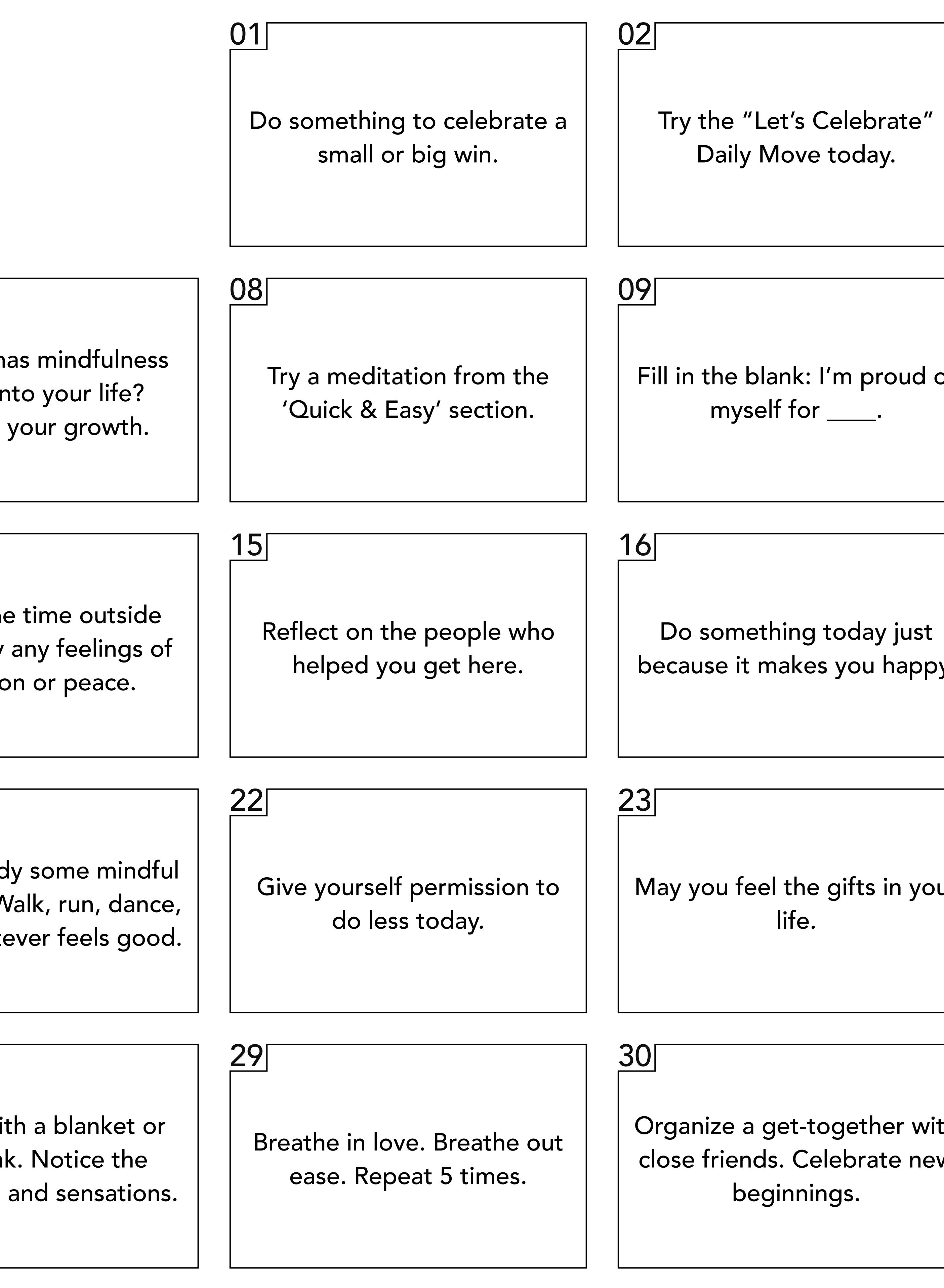




07

r yourself) a ug.	What gifts ha brought int Celebrate y
rial) gift can and others ? 13 Let the day go with the "Deep Sleep Release" meditation tonight.	14 Spend some today. Enjoy a connection
he gift of a short nap. 20 Play an uplifting Calm playlist as you cook, clean or work today.	Gift your body movement. Wa stretch, whatev
ast year with of a Year" Im. 27 List the gifts you've received from others that aren't objects. Celebrate them!	28 Get cozy with warm drink temperature a

06



Daily Move today. create, explore! 10 Reach out to a loved one and Fill in the blank: I'm proud of share why you value the myself for _____. relationship. Consider the gifts of the present moment with the Do something today just , because it makes you happy. "Celebrate the Now" Daily Jay. <u>24</u> May you feel the gifts in your Take 3 deep breaths. Enjoy the present moment. life. 31 Organize a get-together with Reflect on 2023. Celebrate close friends. Celebrate new your growth, efforts, and the gifts 2023 has brought. beginnings.

03

Infuse some playfulness into your day: sing, dance, smile,

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