

December

CELEBRATE

- 01 Do something to celebrate a small or big win.
- 02 Try the "Let's Celebrate" Daily Move today.
- 03 Infuse some playfulness into your day: sing, dance, smile, create, explore!
- 04 Praise yourself for something you've achieved this year.
- 05 Give someone (or yourself) a warm hug.
- 06 Write a list of the things that make you happy.
- 07 What gifts has mindfulness brought into your life? Celebrate your growth.
- 08 Try a meditation from the 'Quick & Easy' section.
- 09 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 2023. Celebrate your growth, efforts, and the gifts 2023 has brought.

