

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			Do one random act of kindness OR learn one thing about World Aids Day	Set yourself a health goal for the holidays	Give someone a small gift in honor of national gift day	Meditate for 10 minutes & exercise for 15 minutes! After, eat a cookie its national cookie day
5	6	7	8	9	10	11
Read 10 pages & enjoy a small walk or bath	Write down 5 goals that you want to achieve this week	Exercise for 15 minutes & eat something that you crave	Today is National Brownie day - eat a brownie and meditate for 10 minutes!	Do one random act of kindness for someone & read 10 pages	It's Human Rights day! Try to learn one fact about a different culture or religion.	Dance to 5 of your favorite songs & meditate for 10 minutes. & It's have a Bagel day, so go have one!
12	13	14	15	16	17	18
Take a bath or a walk & review the goals you set for yourself	Write down 5 things you are grateful for & 5 things you want to let go	Exercise for 15 minutes and meditate for 10 minutes	Enjoy something today that you wanted to do in awhile	It's national re-gift day, so find that gift you never liked and find it a loving home	Write one Christmas card to someone who might not get one from someone else	Prepare yourself for the holidays (eventually decide on boundaries that you want to implement to stay mentally healthy)
19	20	21	22	23	24	25
Meditate for 10 minutes and read 10 pages	Be kind to yourself & one other person today	Exercise for 10 minutes & do Not make your bed, it's do not make your bed day	Remind yourself it is okay if it is not perfect & take a walk	Practice 15 minutes of guided mindfulness & do one more random act of kindness	Take good care of yourself & your mental health & enjoy the holidays if you are celebrating Christmas	Today, do what you want & be kind to yourself
26	27	28	29	30	31	
Read 10 pages & meditate / practicing gratefulness for 10 minutes	Call a friend and tell them you appreciate them or give your body the extra rest it asks for	It's card playing day so play a game with someone & Exercise for 10 minutes	Today, use a 15 minute meditation to reflect on your past year & do something that you enjoy	Write down 5 goals for the next year & 5 things you do not want in your new year (small & realistic things)	Do what feels good for you today & Happy New Year from Trauma Speaks	

Be kind to yourself, set boundaries for gatherings, and remember, it is okay if it's not perfect. You are amazing!