

# December 2020

## Mindfulness Holiday Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Happy Holidays &amp; A Prosperous New Year</i></p>		<p><b>1</b></p> <p><i>Organize yourself for the holidays with a gift list and calendar of activities</i></p>	<p><b>2</b></p> <p><i>Listen to holiday music</i></p>	<p><b>3</b></p> <p><i>Gift yourself some self-care time to alleviate the stress of the holidays</i></p>	<p><b>4</b></p> <p><i>Create ginger bread houses with the family</i></p>	<p><b>5</b></p>
		<p><b>6</b></p>	<p><b>7</b></p> <p><i>Close your eyes and transport yourself to your favorite holiday memory</i></p>	<p><b>8</b></p> <p><i>What do the holidays mean to you?</i></p>	<p><b>9</b></p> <p><i>Write a letter to the child you once were</i></p>	<p><b>10</b></p> <p><i>As a family, read holiday stories</i></p>
<p><b>13</b></p>	<p><b>14</b></p> <p><i>Give yourself a holiday gift</i></p>	<p><b>15</b></p> <p><i>Choose an organization to donate to or where you can volunteer your time</i></p>	<p><b>16</b></p> <p><i>Give a gift to someone who is not expecting it</i></p>	<p><b>17</b></p> <p><i>Prepare a gift for your neighbors</i></p>	<p><b>18</b></p> <p><i>Take a trip to see the holiday lights and decorations</i></p>	<p><b>19</b></p>
<p><b>20</b></p>	<p><b>21</b></p> <p><i>Enjoy your favorite holiday drink</i></p>	<p><b>22</b></p> <p><i>Call a loved one to wish them "Happy Holidays!"</i></p>	<p><b>23</b></p> <p><i>As a family watch your favorite holiday movie</i></p>	<p><b>24</b></p> <p><i>Before starting the festivities, gift yourself a 5 minute meditation or deep breaths</i></p>	<p><b>25</b></p> <p><i>At the end of the day give thanks for this holiday season</i></p>	<p><b>26</b></p>
<p><b>27</b></p>	<p><b>28</b></p> <p><i>What are you thankful for this 2020?</i></p>	<p><b>29</b></p> <p><i>What have you learned this year? What has changed in you?</i></p>	<p><b>30</b></p> <p><i>What are your goals for 2021?</i></p>	<p><b>31</b></p> <p><i>My mantra for the new year is...</i></p>		