

# DECEMBER



1 Light a candle, gaze at the flame and breathe for 1 min.

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2 Listen to holiday music and drink a favorite hot beverage

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3 Take a bath

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4 Massage your feet

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5 Call a friend and catch up

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6 Tell someone, "I love you."

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7 Read a book

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8 Dance to a favorite song

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9 Take a nap

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10 Repeat throughout the day "all is well" & enjoy the calmness

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11 Spend 5-10 minutes in this yoga pose

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12 Have a sliver of your favorite dessert

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13 Write down 5 things you love about yourself and post it on your refrigerator and bathroom mirror

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14 Buy a new pair of pajamas

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15 Take a walk

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16 Enjoy a holiday lights drive (or walk) through your town

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17 Watch a movie

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18 Stay in your pajamas all day

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19 Book a favorite spa treatment before the end of the year

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20 Sit and daydream for a minimum of 5 minutes

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21 Add a plant to your bedroom

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**22** Give this breathing technique a try

<https://vimeo.com/manage/videos/597361367>

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**23** Dance with me for 5 minutes

<https://vimeo.com/manage/videos/711683802>

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**24** Grab your favorite cocktail, glass of wine or non-alcoholic Sparkler, put your feet up and celebrate being Y-O-U

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