

DECEMBER

*“Why wait to celebrate huge milestones when our days are full of simple delights?”
— Mel Mah*

<p>1</p> <p>Do something to celebrate a small or big win.</p>	<p>2</p> <p>Try the “Let’s Celebrate” Daily Move today.</p>	<p>3</p> <p>Infuse some playfulness into your day: sing, dance, smile, create, explore!</p>	<p>4</p> <p>Praise yourself for something you’ve achieved this year.</p>	<p>5</p> <p>Give someone (or yourself) a warm hug.</p>	<p>6</p> <p>Write a list of the things that make you happy.</p>	<p>7</p> <p>What gifts has mindfulness brought into your life? Celebrate your growth.</p>
<p>8</p> <p>Try a meditation from the “Quick & Easy” section.</p>	<p>9</p> <p>Fill in the blank: I’m proud of myself for ____.</p>	<p>10</p> <p>Reach out to a loved one and share why you value the relationship.</p>	<p>11</p> <p>Celebrate the ways you’ve shown up for your mental health this week, month, or year.</p>	<p>12</p> <p>What (non-material) gift can you give yourself and others today?</p>	<p>13</p> <p>Let the day go with the “Deep Sleep Release” meditation tonight.</p>	<p>14</p> <p>Spend some time outside today. Enjoy any feelings of connection or peace.</p>
<p>15</p> <p>Reflect on the people who helped you get here.</p>	<p>16</p> <p>Do something today just because it makes you happy.</p>	<p>17</p> <p>Consider the gifts of the present moment with the “Celebrate the Now” Daily Jay.</p>	<p>18</p> <p>Take 5 mins to list the things that make you feel warm and fuzzy.</p>	<p>19</p> <p>Give yourself the gift of sleep by taking a short nap.</p>	<p>20</p> <p>Play an uplifting Calm playlist as you cook, clean or work today.</p>	<p>21</p> <p>Gift your body some mindful movement. Walk, run, dance, stretch, whatever feels good.</p>
<p>22</p> <p>Give yourself permission to do less today.</p>	<p>23</p> <p>May you feel the gifts in your life.</p>	<p>24</p> <p>Take 3 deep breaths. Enjoy the present moment.</p>	<p>25</p> <p>There’s no right or wrong way to feel at this time of year. Embrace it all.</p>	<p>26</p> <p>Appreciate the past year with the “In Honor of a Year” Daily Calm.</p>	<p>27</p> <p>List the gifts you’ve received from others that aren’t objects. Celebrate them!</p>	<p>28</p> <p>Get cozy with a blanket or warm drink. Notice the temperature and sensations.</p>
<p>29</p> <p>Breathe in love. Breathe out ease. Repeat 5 times.</p>	<p>30</p> <p>Organize a get-together with close friends. Celebrate new beginnings.</p>	<p>31</p> <p>Reflect on the past year. Celebrate your growth, efforts, and the gifts it brought.</p>				

