



THEME: GRATITUDE AND MINDFUL GIFTING

SELF- CARE
SUNDAY

MELLOW
MONDAY

TENDER
TUESDAY

WHINEDOWN
WEDNESDAY

THANKFUL
THURSDAY

FUN TIME
FRIDAY

SASSY
SATURDAY

1



"Take the rights path,
My health, my right"

2

Take 5 Minutes to
tidy your workspace
first thing in the
morning

3

Get back to your
work, stop
Procrastinating

4

Sit alone with yourself.
Sometimes the person
who can lift you up the
most is yourself.

5

Opt-out. You don't
have to say yes to
everything.

6

Celebrate some good
news. Some days it
seems like the bad
news never stops

7

Go for a walk in
nature. Take 30
minutes outside and
engage all your
senses

8

REST, you need 8
hours of good sleep.

9

Start your day with a
mindful practice. Try
meditation or deep
breathing.

10

INTERNATIONAL
HUMAN RIGHTS DAY



Our Rights, Our
Future, Right Now.

11

Stay hydrated all
through the month,
and learn to balance
your diet.

12

Update your gratitude
journal

13

Prepare to GIFT
someone, it's the merry
month

14

Host group walks.
Ask your buddies to
join

15

REST

16

Wake up today and
make some
affirmations.
You are deserving
of love

17

Think of a habit you
want to drop this year.
work towards that.

18

Show love to
someone. Maybe it's
been a while since
you reached out

19

Find reasons to
laugh. Reminisce on
some of your favorite
family memories

20

Take a break from
your phone.
GO OUT

21

Make a new holiday
recipe. Cookies, pies,
anything else!

22

Make a new holiday
music playlist.

23

Think of a lesson
learned this year.
How can it guide
you moving
forward?

24

Remember that
holiday stress will
pass. CHILL

25



MERRY QUEER XMAS
FOLKS

26

Reflect on an
accomplishment from
this year. How did
you achieve it?

27

Take care of your
body and mind,
It's the holiday, don't
be reckless

28

GO out for a swim
or have a spa day.

29

REST

30

Kick back, and
prepare something
fun for New Year's
Eve

31

HAPPY NEW YEAR'S
EVE



Connect with us

