

# MERRY DECEMBER

Theme; cultivate calmness this festive season



## SLOWDOWN SUNDAY

## MINDFUL MONDAY

## TENDER TUESDAY

## WELLNESS WENESDAY

## THANKFUL THURSDAY

## FEEL GOOD FRIDAY

## SERENITY SATURDAY



**WORLD AIDS DAY**

Self-love is the greatest middle finger of all time, explore it

The soul always knows what to do. The challenge is to quiet the mind. De-clutter.

Write a Thank You Note to Self for something you accomplished this year, even something small like surviving Monday.

Put on your favorite album, song, or a playlist and just dance, YOU'RE KAWA

Productivity can wait. Take rest. A field that has rested gives a generous harvest.

REST, YOU DO TOO MUCH

Don't forget to put on your own oxygen mask first. DON'T GIVE WHAT YOU DON'T HAVE DARLING, TAKE IT FOR YOURSELF.

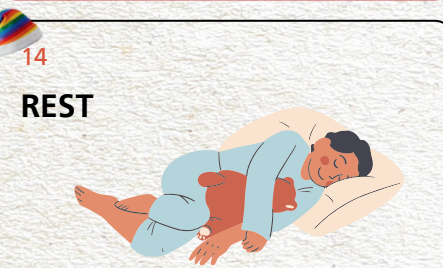
Cultivate calmness. To be calm is the highest achievement of all.



Daring to set boundaries is about having the courage to love ourselves. Practice saying "no" (nicely!)

Breathe. Let go. And remind yourself that this very moment is the only one you know for sure. Oprah

Home is not a place, it's a feeling. Tidy up, make your home inviting even for yourself.



REST

Dear Future Me. What you think, you become. What you feel, you attract. What you imagine, you create."unk

Give yourself the gift of forgiveness for one mistake you made this year. It is well, release the guilt.

Silence is Golden. There is a place in you where there is no more pain. Just listen to the quiet. - Unk

You're a limited edition, #unique, rare

You alone are enough. You have nothing to prove to anybody. RECLAIM YOUR POWER

Do 5 minutes of whatever movement your body suddenly craves: Honor the impulse

Do absolutely nothing too serious today, #Non-Negotiable

Energy flows where attention goes. #ATTRACT ONLY GOOD VIBES

May your choices reflect your hopes, not your fears

May your days be merry and bright, and may all your Christmases be rainbowy



Today, treat yourself like absolute royalty.

Naptime Defiance: Take a nap, regardless of your to-do list.



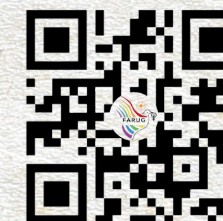
REST

Failure is simply an opportunity to begin again, this time smarter. DON'T BE AFRAID TO FAIL.

Find moments to celebrate about this year, make peace with the past.

Cheers to a new year and another chance for us to get it right.

Connect with us



2025

