



# Christmas Calendar December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Plan downtime in the Christmas period	2 Smile at a stranger
3 Choose something to leave behind in 2017	4 Focus on your breath for 10 breaths	5 Walk barefoot on the Earth	6 List 10 things you are grateful for in 2107	7 Send a thank you note to someone	8 Eat healthy	9 Do something you've never done before
10 Forgive yourself for something	11 Pamper yourself	12 Pat a dog/cat/bird	13 Do one thing to make life easier	14 Make a gift for someone	15 Listen to your favourite song	16 List 5 things you love about yourself
17 Have a day of rest	18 Smile at yourself in the mirror	19 Pay a stranger's coffee/fuel/shopping	20 Learn a new joke	21 Donate 5 items to charity	22 Call a friend	23 Turn off the TV for a day
24 Take a break in nature	25 Call someone who's alone for Christmas	26 Make of list of fun things to do in 2018	27 Commit to a new healthy habit for 2018	28 Perform a random act of kindness	29 Try a new vegetable	30 Sleep in
31 Reflect of the events of 2017						

We hope this calendar inspires you. Please feel free to do or not do any suggestion.  
We wish you a special Christmas Season.. See you in 2018.

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