

DELIGHTFUL DECEMBER 2020

TUESDAY

1

Write down your most important goals for the month

THURSDAY

2

Look out for the positive news and reasons to be cheerful today

FRIDAY

3

Treat everyone with kindness today including yourself

SATURDAY

4

Enjoy washing your hands, think of all the things they do for you

SUNDAY

5

Send a letter/postcard to someone you haven't spoken to in a while

MONDAY

6

Remember that all feelings and situations pass in time

TUESDAY

7

Try a new recipe with an ingredient you have never used before

WEDNESDAY

8

Merry Christmas! Enjoy your day.

THURSDAY

9

Connect with nature, breathe and notice life continuing

FRIDAY

10

Call a loved one to catch up and really listen to them

SATURDAY

11

Get outside and observe the changes in nature around you

SUNDAY

12

Make a list of 3 things that you can feel hopeful about

MONDAY

13

Make a list of 3 things that you can feel hopeful about

TUESDAY

14

Think of a new activity to do outdoors

WEDNESDAY

15

Don't be so hard on yourself, it's ok not to be ok

THURSDAY

16

Go for a nice brisk Boxing Day walk

FRIDAY

17

If you can't change it, change the way you think about it

SATURDAY

18

Treat everyone with kindness today including yourself

SUNDAY

19

Focus on the basics; eat well, exercise and go to bed on time

MONDAY

20

When you feel you can't do something, add the word "yet"

TUESDAY

21

Tune in to a new radio or TV channel

WEDNESDAY

22

Avoid saying "must" or "should" to yourself today

THURSDAY

23

Call a friend and tell them why you appreciate their friendship

FRIDAY

24

Get active outside, give your mind and body a boost

SATURDAY

25

On New Year's Eve plan something to look forward to next year.

SUNDAY

26

Get out for a walk today and take in the fresh air

MONDAY

27

Make time for self-care, do something kind for yourself

TUESDAY

28

Pamper yourself today, soak in a bath or lose yourself in a book

WEDNESDAY

29

Stay hydrated, eat healthy food and boost your immune system

THURSDAY

30

Detox from all things digital for an hour or two

FRIDAY

31

Make sure you take time out for yourself today

SATURDAY

32

Get back in touch with a supportive friend and have a chat

