DECEMBER 2021

Kindness Month

S	M	T	W	T	F	S
			1 Do a random act of kindness today & observe how you feel about it.	**2** Ask someone how are they feeling today.	**3** Do something you enjoy.	**4** Compliment at least three strangers.
5 Start new traditions with your family.	**6** Start and end your day with a loving kindness meditation.	**7** Send someone a handwritten thank you note.	**8** Learn to say NO to things that aren't necessary or important.	**9** Lend an ear – listen to someone who is having a bad day.	**10** Take time to enjoy a warm cup of cocoa while listening to Christmas tunes.	**11** Volunteer at your local food bank.
12 Try the Zaki's Kindness Challenge.	**13** Accept & give yourself compliments.	**14** Wake up today with gratitude in mind.	**15** Drop off old blankets & pillows at a nearby animal shelter.	**16** Do a chore your partner or family member might typically do.	**17** Treat yourself to something pleasureable.	**18** Help a friend promote their business by sharing or retweeting.
19 Prioritise some "me" time, so you can relax and reflect on how you're feeling.	**20** Try the 10-finger gratitude exercise.	**21** Leave some edible treats for wild animals.	**22** Eat what you can. Don't forget to practice mindful eating.	**23** Donate your old coats and scarves to the homeless.	**24** Bring out the popcorn & have fun watching your favorite Christmas movies.	**25** Make a conscious effort to spend more time with your loved one today.
26 Create a new year resolution with mindful approach.	**27** Shut down negative self-talk.	**28** Leave a positive review for a business that you like.	**29** Learn how to forgive and let go.	**30** Pick up some rubbish lying around in the street.	**31** Give someone a warm hug.	

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#YearOfWellness Calendar

Share this free wellness calendar with friends & post your progress
#YearOfWellness