



December Mindfulness Calendar

*Month of
Joy*



SUN	MON	TUES	WED	THUR	FRI	SAT
		1 Join us this month - Enjoy the holiday lights	2 Take a run with your dog to find joy together	3 Find joy in giving! Donate to a charity of your choice	4 Bake holiday cookies with a family member for a joyous memory	5 Burn a holiday candle while saying festive and joyous affirmations
6 Listen to holiday music for a more joyful cardio	7 Find joy in gifting! Shop small business for your holiday gift list	8 Make some brownies - but sneak in some spinach for a joyous treat!	9 Find joy in meditation for five minutes before bed	10 Baby, it's cold outside. Warm up with a joyful HIT workout inside	11 Find your joy outside - take a hike!	12 Make a gingerbread house for a joyous date night
13 Gift a bouquet of poinsettias to share joy with a neighbor	14 Make a festive and joyous smoothie for breakfast	15 Find joy in cozy comfort food - cook up a nutritional soup tonight	16 Cozy up to a joyous holiday read before tucking in for the night	17 Call a relative to spread some joy	18 Connect with your inner joyful child. Think of things that made you happy as a child	19 Clean out the old to make room for your new things that bring you joy
20 Find joy in wearing an ugly sweater	21 It is the shortest day of the year, schedule in some extra sleep to find joy in rest	22 Eat a seasonal meal for a joyous lunch hour	23 Put on your leg warmers and treat yourself to a joyous yoga session	24 Use TouchPoints to calm for a joyous and pleasant evening	25 Take the day to be mindfully present in each moment to soak up the joy	26 Write a thank you note to all that brought you joy this holiday season
27 Find joy in YOU! Take a social detox day	28 Find joy in a walk around the block after dinner	29 Journal things that will bring you joy in the upcoming year	30 Make a nutritious breakfast but add bacon for joy!	31 Celebrate this month and year - find joy in the silver linings #NYE		