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1
Sing your
favorite
holiday song

2
Finish this:
Today I want
to be....

3
Give yourself
a hand
massage

4
Toss outdated
foods so you're
ready to start
fresh

5
Find a jar to
start a 2021
blessings jar

6
Eat dessert
first

7
Write
yourself a
love note

8
Count the times
you laugh & try
to increase that
tomorrow

9
Look in the
mirror and
compliment
yourself

10
Write down
what makes
you special

11
Dream of
future plans
for 15 minutes

12
Try a new
scented
candle

13
Rest your
soul & take a
nap

14
Make a list of
times you felt
powerful

15
Wear some
wild socks!

16
Plant flower
seeds in a
pretty planter

17
Sit for 5
minutes, close
your eyes, and
clear your mind

18
Plan a spa day
at home with
your bestie

19
Collect 365 index
cards/slips of
paper for your
blessing jar

20
Plan your
holiday
meal

21
Call a friend
and make
each other
laugh

22
Take a few
selfies and
keep your
favorites only

23
Listen to your
favorite song
as many times
as you like

24
Surround
yourself with
what brings
you joy

25
Celebrate all
the good in
your world

26
Clean out
your closets
and donate

27
Label all your
decorations
for next year

28
Find a place to
keep your
blessings jar
all year

29
Get a 2021
calendar to write
your favorite
affirmations in
every day

30
Plan your self
care for
January

31
Celebrate
the end of
2020!!!