

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1	2
3 <b>Day 1</b> Light a candle & say a prayer	4 <b>Day 2</b> Catch up with a friend	5 <b>Day 3</b> Schedule something fun	6 <b>Day 4</b> Donate something you never use	7 <b>Day 5</b> Start a new healthy habit	8 <b>Day 6</b> Plan a healthy meal	9 <b>Day 7</b> Go for a walk
10 <b>Day 8</b> Take 10 minutes to read	11 <b>Day 9</b> Ask for help	12 <b>Day 10</b> Listen to your favorite music	13 <b>Day 11</b> Drink just water today	14 <b>Day 12</b> Go to bed 30 minutes early	15 <b>Day 13</b> Watch your favorite Christmas movie	16 <b>Day 14</b> Schedule a game night
17 <b>Day 15</b> Do something outside	18 <b>Day 16</b> Set a mini-goal	19 <b>Day 17</b> Cross an item off your to-do list	20 <b>Day 18</b> Compliment someone	21 <small>First Day of Winter</small> <b>Day 19</b> Pay for someone behind you in line	22 <b>Day 20</b> Write down 3 blessings from the day	23 <b>Day 21</b> Bake some Christmas cookies
24 <small>Christmas Eve</small> <b>Day 22</b> Celebrate Jesus' birth	25 <small>Christmas</small>	26	27	28	29	30
31 <small>New Year's Eve</small>						