




# December Wellness Calendar

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>Be Excellent on Purpose!</i>		<i>1 Exercise Routine Start your day off with a walk and end your day with a walk each Wednesday this month.</i>	<i>2 Write yourself a note of motivation. Post it where you can see it each day this month.</i>	<i>3 Mindful Minutes Set a timer for 2 minutes. Relax and listen to your breath.</i>	<i>4 Technology Diet How can you trim down on your “tech time” to give you more time.</i>
<i>5 Check in with yourself. This is a busy month. Set a time of mindfulness each day. 2–3 minutes can make a difference.</i>	<i>6 Write 5 different people positive messages today.</i>	<i>7 Journal— What wellness activities do you enjoy the most? How can this be incorporated into your daily routine?</i>	<i>8 Exercise Routine Start your day off with a walk and end your day with a walk each Wednesday this month.</i>	<i>9 Be Joyful— Be Inspiring— Support others today.</i> 	<i>10 Slow down and enjoy dessert first today. Eat mindfully and enjoy your meal.</i>	<i>11 Exercise—Move your body for 30 minutes by walking, running, or hiking in the fresh air</i>
<i>12 Have a meal with your family today. Face to face or through zoom. Enjoy your family today.</i>	<i>13 Be Grateful for this day. We won’t be able to experience today again—enjoy it.</i>	<i>14 See the Silver Lining Think of a situation this past month and find the silver lining or lesson learned.</i>	<i>15 Exercise Routine Start your day off with a walk and end your day with a walk each Wednesday this month.</i>	<i>16 Journal: Find 10 new things that you are grateful for. 5 this morning and 5 in the evening.</i>	<i>17 Your Brain and Body needs Water!! Drink 3 extra glasses today.</i>	<i>18 A Walk in Nature Go outside and notice the changes this month. Go for an evening walk.</i>
<i>19 Make a meal and share it with another family or friend this week. Sharing is caring.</i>	<i>20 Mindful Minutes Set a timer for 2 minutes. Relax and listen to your breath.</i>	<i>21 Technology Diet How can you trim down on your “tech time” to give you more time.</i>	<i>22 Exercise Routine Start your day off with a walk and end your day with a walk each Wednesday this month.</i>	<i>23 Journal: Reflect on your year. Acknowledge your accomplishments. Be Proud to Be YOU!</i>	<i>24 Find Peace today— Take a walk, an extra few minutes of quiet for yourself.</i>	<i>25 Your Brain and Body Needs Water!! Drink 3 extra glasses today.</i>
<i>26 Eat 3 extra servings of vegetables today. Play outside in the snow.</i>	<i>27 Mindful Minutes Set a timer for 2 minutes. Relax and listen to your breath.</i>	<i>28 Connections—Who have you not talked with in a while? Connect with that person.</i>	<i>29 Exercise Routine Start your day off with a walk and end your day with a walk each Wednesday this month.</i>	<i>30 Two months of exercise each Wednesday!! How does it feel? If you stopped, start again.</i>	<i>31 Check in— Use the feelings chart to identify your feelings or a family members.</i>	