December 2025

Well-Being Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Write Down Three Things You're Proud Of From This Year.	2 It's Giving Tuesday! Give Back In Whatever Ways You Can.	3 Give Yourself 10 Minutes Of Quiet Time.	4 Take 3 Slow, Deep Breaths Before Starting Your Workday.	5 Do One Small Thing That Makes Your Space Feel Cozy.	6 Write Yourself A Kind Message And Stick It On Your Mirror.
7 Treat Yourself To A Warm Drink Today (Tea/ Coffee).	8 Call Someone Instead Of Texting Today, Even If It's Quick.	9 Say "No" To One Thing That Drains Your Energy. That Is Generosity To You.	10 Ask Someone How They're Really Doing And Listen Without Interrupting.	11 Financial Health 101 Training At 6:30 PM!	12 Teach Someone One New Thing Today, Even Something Simple.	13 Choose One Item To Donate Or Pass Along To Someone Who Can Use It.
14 Release One Expectation That's Stressing You Out.	15 Leave A Positive Note For A Coworker Or Parent.	16 Give A "Thank You" To Someone Who Supports You At Work.	17 Something That Brings Me Joy This Time Of Year Is...	18 Listen To Music Today That Lifts Your Mood.	19 Take 2 Minutes To Play! Laugh, Move, Or Do Something Fun On Purpose.	20 Do One Tiny Task You've Been Avoiding, And Celebrate Finishing It.
21 Offer Something Free Today. Help, Patience, Support, Or A Kind Gesture.	22 Share A Holiday Memory Or Tradition With Someone.	23 Let Yourself Complete One Task Today Without Rushing. Move At Your Own Pace.	24 Write A Letter To Your Future Self.	25 Be Present.	26 Take A Short Walk Outdoors Or Get Fresh Air.	27 Give Yourself A Guilt-Free Day Of Rest.
28 Do One Thing Your Future Self Will Thank You For.	29 Learn One New Fact About Something You've Always Wondered About.	30 Pick Your Favorite Activities From This Calendar, and Repeat!				

Be Well. Care Well.

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