DEC 2026

WITH DR. JODY

CHANCE TO WIN CHOICE OF $100 GIFT CARDS; ONE VIRTUAL 30 MINUTE WITH DR. JODY & MARTI

SUBMIT ENTRIES DAILY OR WEEKLY (ON FRIDAYS)

DAILY GRATITUDE = ENTRY
DAILY PROMPTS = ENTRY
COMMENT 🎄 ON POSTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 START A DAILY GRATITUDE PRACTICE	2 CALL AN OLD FRIEND OR SEND THEM A VOICE NOTE	3 DONATE FIVE THINGS YOU'VE BEEN HOLDING ON TO	4 TAKE A WALK OUTSIDE	5 WATCH YOUR FAVOURITE MOVIE	6 TAKE SOME TIME IN YOUR KITCHEN AND MAKE SOMETHING YOU LOVE
7 SCHEDULE A DATE WITH A LOVED ONE	8 COMPLIMENT 3 PEOPLE TODAY	9 SIT AND READ	10 LISTEN MORE THAN YOU SPEAK	11 BLAST SOME MUSIC AND DANCE YOUR FACE OFF	12 STRETCH FOR 20 MINUTES	13 TAKE TIME FOR A WARM BEVERAGE IN YOUR FAVOURITE MUG TODAY
14 TAKE A BUBBLE BATH	15 TAKE A BREAK FROM SOCIAL MEDIA & NEWS TODAY	16 DROP A THANK YOU NOTE TO SOMEONE TODAY	17 SCHEDULE SOMETHING FOR YOU IN JANUARY	18 TAKE A SHAMELESS SELFIE: YOU'RE BEAUTIFUL	19 TAKE A GUILT FREE NAP	20 GO THE ENTIRE DAY WITHOUT COMPLAINING
21 WRITE DOWN 3 SELF-LOVE AFFIRMATIONS	22 LIGHT A CANDLE AND TAKE A MOMENT TO REMEMBER FOLKS YOU'VE LOST	23 LET ONE THING GO	24 TAKE 3 DEEP BREATHS AND ENJOY THE CHAOS	25 CHRISTMAS DAY	26 BOXING DAY	27
28	29	30	31 NEW YEAR'S EVE			