

Easy Self-Care

for December

S	M	T	W	T	F	S
30	1 Get some cozy socks to celebrate the start of December.	2 Put on your favorite winter playlist.	3 Make yourself a cup of hot cocoa (or something else you'd prefer).	4 Have a bubble bath with seasonal scents (like winter jasmine).	5 Watch a holiday movie at home.	6 Go for a scenic walk.
7 Go on a fun mini adventure.	8 Light a seasonal candle (e.g., gingerbread, vanilla).	9 Write down three things you're grateful for.	10 Have a deep conversation with a friend.	11 Read a book you love for thirty minutes.	12 Watch a comedy special.	13 Go to a winter fair or Christmas market.
14 Try a new brunch dish (at home or at a restaurant).	15 Journal for fifteen minutes.	16 Make yourself a cup of tea (or something else you'd enjoy).	17 Catch up on your favorite TV show.	18 Meet up with a friend or call them to catch up.	19 Watch another holiday movie.	20 Have a mini spa day at home.
21 Go for a walk or drive to see the holiday lights.	22 Start the morning with a stretching routine.	23 Dance in the living room to your favorite songs.	24 Catch up with loved ones.	25 Put on your favorite Christmas playlist.	26 Look through happy photos on your phone.	27 Take a few minutes for yourself to recharge.
28 Sleep in (if you can) or take a nap in the afternoon.	29 Doodle for a few minutes or do something creative.	30 Listen to an audiobook or a podcast you love.	31 Create your 2026 bucket list.	1	2	3



Ordinary & Happy