



Christmas Calendar (December 2016)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Call a friend you haven't spoken to lately for a chat.	Forgive someone.	Buy or make yourself a Christmas gift.
4	5	6	7	8	9	10
Let go of a possession you no longer need.	Laugh for no reason.	Contact someone that always lifts your mood.	Be a kid for a day.	Spend 10 minutes in gratitude.	Forgive yourself for something you have done in the past.	Do a chore you have been putting off.
11	12	13	14	15	16	17
Have a healthy food day.	Add something you enjoy doing to your daily routine.	Smile at a stranger.	Make a donation of time or possessions to a charity.	Make a Christmas gift for someone.	Tell someone you love them.	Be spontaneous, do something you hadn't planned to do.
18	19	20	21	22	23	24
Lie out under the nighttime sky and watch the stars.	Play 5 of your all time favourite songs and dance it out...	Find time to be in nature.	Write or draw something creative.	Pamper yourself.	List 10 people you are grateful for in your life.	Spend a minute focused on your breath.
25	26	27	28	29	30	31
Call someone who may be alone for Christmas.	Have a day of rest.	Make a list of exciting things you will do in 2017.	Plan your days off and holidays for 2017.	Thank the people who shared Christmas with you.	Make a list of 5 people to catch up with in 2017.	Spend 5 minutes reflecting on the events of 2016 you are grateful for.

We hope this calendar inspires you – feel free to do or not do any suggestion.

We wish you a special Christmas Season.. See you in 2017

Audacious Health 0412 007 730 or 0432 127 997.

www.audacioushealth.com.au