

December 2015 Self-Care Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Need a very quick recipe to take to a party? Try my Jalapeno Chicken Dip! It's yummy and 4 ingredients! http://womenwithintention.com/crock-pot-jalapeno-chicken-dip/		1 Have you tried writing out scripture as a way to grow in your relationship with God? As you write it out, read it aloud. Enjoy your time with God!	2 How are you going to give back this holiday season? Don't make it complicated! One thing is better than 100 plans!	3 Do you have extra Christmas decorations you can give to others who need them?	4 Have you thought about gifting experiences this year instead of stuff? Memberships and tickets are a great clutter free gift!	5 Can you sell some of your clutter to earn some holiday cash?
6 Do you have enough food or supplies in your home in case you are stuck inside from a winter storm?	7 Prepare your home for holiday guests. Do you need to clean out closets or the guest room? Do you need extra food?	8 Do you have a hard time when people ask what you want for gifts? Keep a list on your phone or calendar and when you shop, jot those things you see down.	9 Take 15 minutes to catch up on your financial life. Do you need to pay bills or file anything? Did you find out what you're wasting money on this week?	10 Create a vision board on Pinterest for your goals for 2016 as well as motivation to keep you going!	11 Remember you can't change your family. Accept instead of try to change. You will all be happier.	12 Pack lunch this week instead of going out to save money to use for holiday cash.
13 The holidays are hectic. Are you getting enough sleep?	14 The holidays can be really hard for many people. Be kind.	15 Rent holiday clothes instead of buying them or shop your local 2nd hand stores.	16 Turn up the Christmas music and enjoy the season!	17 Do you have a work environment with good smells, temperature, etc?	18 Have you enjoyed the Christmas lights in your neighborhood? Grab some hot cocoa and enjoy!	19 Curl up with blankets, hot cocoa and a good book!
20 Schedule in some extra sleep and relaxation this week	21 Double check your wrapping supplies! Tape, wrapping paper & bags!	22 Light a great smelling candle and enjoy being home this evening!	23 Turn on some holiday music and enjoy the spirit of the season!	24 Don't be afraid to get some alone time if you're an introvert!	25 Disconnect from technology and enjoy a Merry Christmas!	26 Rewind from the busy week with a nap or quiet time!
27 Make your home tasks more relaxing with music and less about perfection	28 What are 10 books you want to read next year? Put them on your Amazon wishlist or library list!	29 What is one thing you want to change in 2016? Write out some steps to make that happen.	30 Clean your bedroom. You will enjoy starting a new year in a clean room!	31 Instead of resolutions, how about setting 2 mini goals you can complete in January. After completing those, set 2 more!	Remember: If your goals for 2016 are the same you set in 2015, it might be time to look at your goal-setting.	Can you break it down or have less goals? Is it truly important to you?