

Self-Care

Advent Calendar

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25 *Be Intentional* - Set an intention for your holiday season that will help keep you focused on what truly matters this year. Write your word or phrase on a piece of paper. Keep it simple or make it pretty, but post it somewhere you can see it often throughout your day!

24 LISTEN - Today's self-care task is to find some inspiration in the form of a podcast or audio book. Listen on your way to work, while out running errands, or at home doing chores. If you're looking for suggestions, Episode 56 of The Purpose Show is a great one for this time of year!

23 *Be Realistic* - Make a list of 'must-do' traditions (5 or less). These are the traditions you will prioritize above all else! Now, here's the hard part...take a breath and prepare yourself to let everything else go. It doesn't mean you won't get to them but it does mean you aren't going to stress over cramming every last one in.

22 CREATE - Carve time out for yourself today by choosing a SOOTHING way to let your creative juices flow. Think doodling, watercolor, Zentangles... If you're looking for an easy option, visit my Piterest board for a collection of holiday themed adult coloring pages. Whatever you choose, your only goal is to let loose and have fun!

21 *Be Prepared* - As you set into this season of best laid plans, take some time to visualize how you will respond to the stressful situations this time of year inevitably brings (think holiday parties, crowded malls, overstimulated children). How will you navigate these situations without letting the chaos rob you of your joy?

20 BRIGHTEN - A festive floral arrangement or house plant can do wonders to brighten both your home and your spirit. Swing by the store and grab a pretty Poinsettia or a little bouquet. Christmas Cactus are nearly fool-proof or opt for a lovely and practical Rosemary tree!

19 *Be Prudent* - One of the most common stressors this time of year is financial strain from the influx of expenses. Be prudent and find at least one way you can cut unnecessary costs today. Make a DIY gift or piece of decor. Ditch pricy holiday cards and send e-cards instead. Get creative and enjoy the financial freedom it brings!

18 CONNECT - It's not hard to get swept away by the season and forget to connect with the people that matter most. Set aside some time to call a loved one, meet a friend for coffee, have a meaningful conversation with your hubby, or sit down on the floor and play with your kids. Tend to and treasure the relationships which bring you joy!

17 *Be Practical* - Take some time to lighten your load by deciding on one holiday recipe that you can switch for store-bought. Baking from scratch and passing on family recipes can certainly bring a lot of joy, but remember not EVERYTHING has to be homemade to be special!

16 REFRESH - Cool Winter temps and wet weather can make it easy to slip into hibernation mode. Refresh your perspective today by making it a point to get outside for at least 10 minutes. Take a brisk walk, play in the snow, tidy your garden beds if the weather allows. Notice the invigorating effects of some good old fashioned fresh air!

15 *Be Mindful* - As the hustle and bustle really picks up speed, take some time to be mindful about how you are feeling. Are you overwhelmed, joyful, stressed, lonely, relaxed, heavy hearted? Draw yourself a bath or curl up under a cozy blanket and allow yourself to feel whatever comes up. Remind yourself that is ok to feel how you feel!

14 SIMPLIFY - Take a look at your to-do list and select one task to simplify today. Let go of the elaborative version and find a way to make it easier. Order groceries to be delivered, settle for a pre-built gingerbread house, or swipe the bathroom with a Clorox wipe and call it good. Take a moment to enjoy the relief of lightening your load!

13 *Be Present* - Let's take today to do a short social media fast. Don't panic, you can post photos and catch up on messages tomorrow. Use this absence of distraction to allow yourself to be fully present both in moments by yourself and in time spent with others. Appreciate the little nuances of the season that often go unnoticed!

12 BREATHE - Treat yourself to some restorative deep breathing today. Light a soothing candle or put your favorite essential oil in the diffuser. Allow the benefits of aromatherapy and full deep breaths soak in and leave you feeling grounded and renewed!

11 *Be Grateful* - It is truly amazing what a little gratitude can do to shift our perspective and help us find joy amidst the chaos. Whether your list is a mile long or only a couple of items, take some time to write down the things you are thankful for this season!

10 MOVE - Take care of yourself today by choosing to be active for at least 15 minutes. This is not about burning off those Christmas cookies or trimming inches. This is about enjoying the energizing and stress busting effects of some good old fashioned exercise. Go for a jog, do yoga, have a dance party...choose your own adventure!

9 *Be Gracious* - At this point in the season it is likely that something hasn't gone exactly as planned. Give yourself some grace and put anything that's come up behind you. Look yourself in the mirror and repeat these words until you fully believe them: "I am not perfect. This job is hard. I am doing my best and that's good enough!"

8 PAMPER - You have been orchestrating fun for everyone around you. Now it's your turn to pamper yourself! Go get your nails done, listen to spa music as you soak in a hot bath, give yourself a DIY facial, or go get a massage. Put yourself at the top of your list today and make time to treat yourself in whatever way best suits you!

7 *Be Still* - Widdle your to-do list down to only what's essential and take a break from the busyness tonight. Dishes can be caught up on tomorrow. Gifts can be wrapped another day. Use this opportunity to relax in front of the tv, read, reflect on the season, or simply be still and enjoy the twinkling of lights and warmth of a fire!

6 INDULGE - Stop worrying about what those Christmas cookies and holiday treats are doing to your waistline. This time of year is full of yummy goodies that you deserve to enjoy! Sit down today with your festive treat of choice and take time to fully savor every last sip and/or bite!

5 *Be Light* - By now you are likely feeling the pressure of the final countdown. Sit down and decide on one tradition or item left on your to-do list that you can let go of. Cross it off and take a moment to notice and enjoy the lightness that comes with letting things go!

4 SOFTEN - Busyness can be fun and exciting but it can also leave us feeling ragged and worn. Grab some lotion and treat yourself to a foot massage or home pedicure. Use this opportunity to allow yourself to soften from the physical and emotional wear and tear of the season.

3 *Be Bold* - Today your task is to be bold enough to ask for help! Ask your kids to help clean up the house, ask a friend to bring you coffee, ask your hubby to help wrap presents, ask your parents to watch the kids so you can get some last minute things done. You don't have to do it all alone!

2 BELIEVE - You are enough! All of the activities you've done, every gift you've purchased, everything you've prepared is enough! In these final days of advent, feel confident in knowing you have done your best to squeeze every drop of joy from this season and made this a Christmas your children will cherish forever!



1 ENJOY

Today is the day to relish in all the work you've put into cultivating a season of joy! Go slow and take it all in. Brew yourself some hot tea tonight, curl up under a cozy blanket, and enjoy the final moments of this magical time of year!