DECEMBER 2027

NOVEMBER

S	M	T	W	Th	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

JANUARY

S	M	T	W	Th	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

SUN	MON	TUE	WED	THU	FRI	SAT
		30	1 Start the month gently. Give yourself permission to slow down and make space for what matters most.	2 Send a holiday card or cheerful note to someone living in a nursing home or assisted living community.	3 Make a warm drink and enjoy the comfort it brings you.	4 Give yourself grace on a hard day. You're doing the best you can.
5 Share a favorite seasonal playlist with someone who could use a little comfort or cheer.	6 Take a few minutes to meditate, breathe deeply, or simply sit in quiet.	7 Tackle one small task you've been avoiding. Give your future self a little breathing room.	8 Check in with someone who might be having a difficult time this season. Let them know you're thinking of them.	9 Put on your comfiest clothes and enjoy relaxing at home.	10 Say no to something that doesn't serve you. Protecting your peace is an act of kindness too.	11 Write in your journal. Give yourself space to process whatever you're feeling.
12 Make time for a favorite movie or show, complete with your coziest blanket.	13 Give yourself an off day—or even just an off hour. Rest without guilt.	14 Offer to take one small responsibility off someone's plate.	15 Treat yourself to something that brings you joy. It doesn't have to cost a thing.	16 In memory of Margaret Mead, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."	17 Make an appointment you've been putting off. Taking care of yourself matters.	18 Listen to an album from beginning to end. Let yourself enjoy the moment.
19 Make room for someone who might otherwise feel left out of a gathering or seasonal tradition.	20 Take a long breath, a warm shower, or another moment to relax and recharge.	21 On the shortest day of the year, find a little light. Share a comforting word or thoughtful gesture with someone.	22 Set aside time to read a book, listen to a story, or enjoy something that helps you unwind.	23 Do one small thing today that will make tomorrow easier.	24 Share a favorite holiday memory or invite someone to tell you about theirs.	25 Let kindness be the gift today. Offer patience, comfort, or a little extra understanding to yourself and others.
26 Give yourself permission to rest.	27 Create a little calm in your space. Put one thing away, clear a small surface, or make a cozy corner.	28 Ask someone how they're really doing, and make space for an honest answer.	29 Write down three things that helped you feel cared for this year.	30 Release one expectation you've been carrying. You don't have to bring everything into the new year.	31 End the year with kindness toward yourself. Celebrate how far you've come, honor what you've carried, and welcome the new year with an open heart.	1

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