

Psych Alchemy Advent Calendar

24 Days of Meaning: Small Acts, Big Impact

Day 1 – Gratitude Note

Write a thank-you note to someone who made an impact on your year.

Day 2 – Secret Kindness

Do one secret kind thing for someone today.

Day 3 – Dance Break

Put on your favorite song and dance for one minute. Let yourself be free.

Day 4 – Noticing Walk

Spend 5 minutes outside noticing 5 things you've never paid attention to before.

Day 5 – Draw or Journal

What does 'hope' look like to you? Draw it, write it, or just imagine it.

Day 6 – Family Story Time

Share your favorite winter or holiday memory with someone.

Day 7 – Compliment Challenge

Give sincere, specific compliments to 3 people today.

Day 8 – Mindful Hot Drink

Sip a warm drink in silence, paying attention to every smell, taste, and feeling.

Day 9 – Letter to Future You

Write a letter to yourself to open next year. Date it and seal it.

Day 10 – Cozy Space Creation

Make a fort, nest, or cozy space and spend time there reading or resting.

Day 11 – Gratitude Chain

Create a paper chain, adding one thing you're grateful for on each link.

Day 12 – Help Out

Offer help with something you don't usually do (chores, errands, etc.).

Day 13 – Screen-Free Zone

Go without screens for 2 hours. Be fully present with someone or something.

Day 14 – Strength List

List things you're proud of this year. Big or small, they all count.

Day 15 – Memory Lane

Look through old photos and reflect on what's changed, and what stayed the same.

Day 16 – Self-Compliment

Say 3 positive things about yourself out loud.

Day 17 – Gift It Forward

Give away something you don't use anymore but someone else might love.

Day 18 – Invent a Ritual

Create a new tradition — name it, and celebrate it however you like.

Day 19 – Speak Love

Tell someone why you love them. Be specific.

Day 20 – Favorite Moments List

List little moments you loved this year — not big events, just the beautiful small things.

Day 21 – Mindful Walk

Take a walk noticing textures, sounds, smells — don't rush.

Day 22 – Candle Pause

Light a candle and sit quietly for 3 minutes, breathing slowly.

Day 23 – Wish for Others

Make a wish for someone else's happiness and well-being.

Day 24 – Reflect

What did you learn about yourself this year?

Psych Alchemy: Transforming the everyday through presence, connection, and meaning.