

# December 2025

Healing Edition

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Write down one thing you are ready to release	2 Take three deep breaths and release what you don't need	3 Reflect: I feel lighter when I let go of...	4 Spend 5 quiet minutes focusing on your breathing	5 Focus on one thing that made you smile today	6 Write down one thing to let go of
7 Let yourself sigh or move to release and pressure	8 Revisit something you enjoy doing	9 Journal about what renewal means to you	10 Sit in silence for two minutes enjoy the quiet	11 Spend 5 quiet minutes doing but breathing	12 Write about what keeps your peace safe	13 Move slowly and mindfully today
14 Reflect on the lesson that shaped you the most this year	15 Rest without guilt and let rest be progress	16 Journal about a small joy you experienced this week	17 Share one kind with someone	18 Write three things that made you feel safe	19 Sit still and notice five things around you	20 Write down three places you would love to visit and why
21 Notice one small act of kindness today	22 Write something you're ready to release today	23 Name one thing that grounded you today	24 Recall a moment you felt loved this year	25 Name one habit you want to release this year	26 List three things you're grateful for	27 Write one intention for 2026
28 Check in: What does your body need today?	29 Reflect on a moment of calm this month	30 Write one lesson you're taking with you	31 Choose an affirmation for the new year			

