

DECEMBER

31 Ways to Slow Down & Savour December

SIMPLE INVITATIONS FOR
A CALMER, KINDER, MORE
MEANINGFUL CHRISTMAS SEASON

1  Light a candle at breakfast.	2  Put on a favourite Christmas song.	3  Bring a little greenery indoors.	4  Have your first mince pie of the season.	5  Write down three things you want from December.	6  Wrap up and go for a winter walk.	7  Create a cosy corner at home.
8  Start a kind December tradition.	9  Look at the Christmas lights.	10  Make a proper hot chocolate.	11  Make a December joys list.	12  Bake something festive.	13  Write a Christmas card.	14  Watch a favourite Christmas film.
15  Read something Christmassy.	16  Spend an evening by candlelight.	17  Visit a church or a local Christmas event.	18  Have an early night.	19  Cook a favourite winter meal.	20  Do something creative.	21  Take time to be still.
22  Do something thoughtful for someone else.	23  Make your home smell like Christmas.	24  Prepare a simple Christmas Eve tradition.	25  Savour Christmas Day.	26  Enjoy a slow Boxing Day.	27  Look back on the year.	28  Get outside and notice the season.
29  Enjoy the simple moments.	30  Take a few photos.	31  Set an intention for the year ahead.				

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OUR LITTLE HOUSE
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DECEMBER *Reflections*

A GENTLE SPACE TO PAUSE,
REFLECT AND SET YOUR INTENTIONS
FOR THE MONTH AHEAD

1. What do I want from
December this year?

2. What can I let go of this
December?

3. What small moments do I want
to notice and savour?

4. What will bring me comfort,
calm or joy this month?

5. Who do I want to be present
with and how?

6. My intention for December...



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