



DECEMBER

Advent and Beyond



A Month of Presence,
Comfort & Seasonal Joy

*31 gentle invitations to slow down, savour
the season and create meaningful moments
through Advent and beyond.*



WELCOMING DECEMBER



Create calm and
set kind intentions
for the month.



ADVENT & ANTICIPATION



Enjoy the beauty
of waiting and
little traditions.



COMFORT & CONNECTION



Find joy in simple
moments and
meaningful time.



CHRISTMAS WEEK



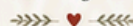
Choose presence
over perfection
and be here now.



BETWEEN CHRISTMAS & NEW YEAR



Rest, reflect and
gently welcome
a new beginning.



GRATITUDE & REFLECTION



Appreciate the year,
celebrate small
blessings.



1

Light a candle
and welcome the
month ahead.



2

Write down what
matters most
this December.



3

Take an evening
walk and notice
the lights.



4

Make a warm
drink and enjoy
it slowly.



5

Put on your
favourite winter
music.



6

Watch the sunset
before the shortest
days arrive.



7

Spend an hour
doing something
cosy.



8

Bring home
something
seasonal from
nature.



9

Read a chapter
of a festive
book.



10

Watch a
favourite
Christmas
film.



11

Bake something
that makes the
house smell
wonderful.



12

Wrap a gift
with extra
care.



13

Write a
thoughtful card
or message.



14

Make time for
a quiet
evening.



15

Share a meal
with people
you love.



16

Look through old
Christmas
photographs.



17

Make a
favourite
family recipe.



18

Light candles
after dark.



19

Enjoy an
evening without
rushing.



20

Tell someone
you appreciate
them.



21

Spend time
outdoors,
whatever the
weather.



22

Take a few
minutes to sit
quietly.



23

Notice the
excitement
around you.



24

Create a
special memory
today.



25

Pause and
enjoy the day
as it is.



26

Give yourself
permission
to rest.



27

Read, nap or
simply do
nothing for a
while.



28

Take a gentle
walk
outdoors.



29

Reflect on a
favourite
moment from
this year.



30

Write down
three things
you're
grateful for.



31

Choose one
gentle intention
for the year
ahead.



*May your December be filled
with warmth, presence and joy.
Savour every moment
of this beautiful season.*

