

Wellness Calendar

30-Day Mindful Wellness Calendar Holiday Edition

Week 1: Cultivating Calm and Grounding

Week 2: Nurturing Relationships and Connection

Week 3: Embracing Joy and Holiday Magic

Week 4: Setting Intentions and Looking Forward

Week 1:

Cultivate calm & Grounding

Day 1:

5-Minute Breathing Exercise to Center Yourself

Let's start the month by grounding your energy with a 5-minute mindful breathing practice. Slow down and become present to calm your nervous system. Don't judge your thoughts - observe and let yourself relax in these few moments.

Start by sitting comfortably on a cushion or in a chair. You may either close your eyes or leave them open and lower your gaze toward the floor.

Breathe. Breathe as you normally would. There's nothing special to do or make happen. Then, draw your attention to the physical sensation of each breath. You might notice the rising and falling of your abdomen or chest. Or you might feel the air moving in and out through your nose or mouth. With each breath, guide attention back to your breathing as best as you can.

Breathing in... and breathing out.

Be kind to your busy mind. Almost immediately, and many times over, we'll find ourselves distracted. Our attention will always wander—that's what it does. That's normal and will always be part of our experience— both in meditation and life. You might find that your attention wanders toward a sound, a thought, or a sensation. Without giving yourself a hard time, return your attention back to the sensation of breathing.

When your mind wanders, gently return it to noticing your breathing. If something grabs your attention—a bird singing, a noise in the room— notice what happened, and then let it go as best as possible. Come back to the breath without expecting anything more. For a few moments, allow yourself

to settle.

There's nothing to do or fix. Sometimes, our mind remains busy and caught up during meditation. Noticing that, practice patience. We cannot force our minds into stillness, and that's never the intention. Right now, there's nothing to fix or do. Whether you find the experience pleasant, unpleasant, or otherwise, allow everything to be for a few moments.

Return to the breath. Breathing in and breathing out, return your attention to the breath again.

When you're ready, gently open your eyes. Pause for a moment, and then decide how you'd like to continue with the rest of your day.

Reflect on how you feel.

Day 2: Create a Gratitude List

List 5 things you're grateful for today. Practicing gratitude is one of the fastest ways to shift into a positive mindset.

1. Today, I am grateful for...
2. Today, I am grateful for...
3. Today, I am grateful for...
4. Today, I am grateful for...
5. Today, I am grateful for...

Reflect on how this makes you feel

Day 3: Set Your Holiday Boundaries

Reflect on what boundaries you want and need for yourself with family, friends, and work during the holidays. Write down two boundaries you'll maintain to protect your peace and how you plan to put it into practice.

Here are two examples to get you started:

Example 1: Hosting & Cooking

"I am happy to host again this year, and I will provide the main dish; however, I would appreciate it if you could provide the side dishes. Last year, it was a lot to handle on my own."

Suppose someone is very disappointed and says, "But we are all counting on you. Your dinners are such an important tradition! I know you can make it work! You are the best cook in the family."

You can set boundaries with yourself by choosing not to get angry or defensive and instead practicing saying cheerfully, "I appreciate the compliment, and I know this is different, but I will enjoy our time together more if I don't make the entire dinner. This will be a fun new tradition!"

Example 2: Financial

"Hey, I've been thinking about the upcoming holidays, and I wanted to chat with you about our usual gift exchange."

"Oh, yeah! I've been looking forward to it. I love our holiday tradition!"

Me too! I really value our tradition, but this year, I've been feeling a bit more pressure financially. I'm trying to be more mindful of my budget, so I was hoping we could do things a little differently this time. I was thinking we could either set a smaller spending limit on gifts or maybe even do something more meaningful but less costly. Like, we could make each other something or spend time together doing something we love, like going to see Christmas lights or having a cozy movie night instead of spending a lot on presents. How does that sound to you?"

Now write your own:

Boundary No. 1:

What:

Who do I need to set it with:

How will i communicate it:

Boundary No.2:

What:

Who do I need to set it with:

How will i communicate it:

Day 4: Digital Detox Day (or hour)

Dedicate today to unplugging from social media and news, even if it's just for one hour. Spend the time on something that nourishes you. What do you need today to feel rested, recharged, or restored?

Get outside

Read a book

Take a long bath or shower

Create something

Get your holiday gifts organized

Cook something delicious

Initiate time with your family, friends, or loved ones

What did you choose to do today?

How do you feel after stepping away from your screens today?

Day 5: Body Scan Meditation

Take 10 minutes to sit and be present in your body.

Utilize one of these guided 10-minute body scan meditations to help you reconnect with your body, relieve tension, and reset your nervous system.

 Guided Body Scan Meditation – A Daily Energy and Mindfulness Exercise

<https://open.spotify.com/track/4PkgdQcagYMpobVit51eTI?si=96cc51afd83d431c>

Feel free to find your own version of a body scan you prefer! You can search YouTube for great videos, utilize a meditation app like [headspace](#), [calm](#) or search meditations on [spotify](#). Pick a video or audio that resonates with you and enjoy ten minutes of slowing down and tuning in!

Reflections:

Day 6: Declutter Your Space for 10 Minutes

You can declutter a small area in your home or workspace for 10 minutes. Clearing physical clutter can help you feel more mentally clear.

Quick and easy ideas:

Wipe down all the counters in your kitchen and put dishes in the dishwasher or away where they belong

Walk through your main living spaces and, pick up any clutter/put items where they need to be

Make your bed and pick up loose clothing or articles in your bedroom/closet space

Go through the stack of mail that has been piling up for the week and sort it into manageable categories

You don't need to do a deep clean or deep organizing session to feel better (unless you want to and have the time) – sometimes, it is as simple as clearing off one tabletop or fluffing pillows so that your living space looks more inviting.

What small task around the house would make you feel a little more calm today?

Day 7: Write Yourself a Kind Note

Write a short letter to yourself, focusing on self-compassion. Recognize how much you've navigated this year and offer yourself some loving-kindness.

What is something you've accomplished this year that you are proud of? What is something that has brought you joy this past month? What is something you have gotten through this past year? Or, what is something you are currently working through? Take a moment to honor how far you've already come! Just the act of *trying* and showing up is something to celebrate.

Dear Self (or insert your name),

You are incredible, and I want to take a moment to say thank you. You should be so proud of yourself and everything you have navigated this year, and here is why...

I love you and know that great things are coming your way!

Sincerely,

Self

Week 2:

Nurturing Relationships & Connection

Day 8: Plan a Meaningful Connection

Schedule time this week to connect with someone who brings you joy or peace. It could be a phone call, coffee date, or virtual chat.

Who I am connecting with:

When & where:

Day 9: Practice Active Listening

Focus today on listening deeply in your conversations. Put your full attention on the person speaking and practice empathy.

put down your phone

Turn off distractions

Set your ego aside - instead of needing to have the final say, practice just allowing the other person space to share

Ask questions

Reflections:

Day 10: Share Gratitude with a Loved One

Write a letter or message to a loved one expressing why you're grateful for them. Sharing gratitude strengthens relationships and uplifts both you and the recipient.

People I am thankful for and why:

I am thankful for...
because...

I am thankful for...
because...

I am thankful for
because...

Now, message, write, or call them to let them know!

Day 11: Quiet Reflection

Take 10 minutes to sit in silence. Let your mind wander, reflect on your day or the past year, or enjoy a peaceful moment.

What came up for you? How do you feel?

Day 12: Positive Affirmations

Create a list of 3 affirmations to boost your self-esteem and confidence. Repeat them in front of a mirror to ground yourself for the day.

Examples:

I am worthy: I believe in myself and trust in my abilities. I am in control of my thoughts, emotions, and choices

I am enough: I am enough for completing this task, building my practice, and moving on. I don't need anyone's approval or justification because I am enough

I give myself permission: I release this scarcity mindset and I give myself permission to pivot. I am an abundant being. I allow the flow of abundance in and through me

Your Affirmations:

Day 13: Mindful Walking

Take a walk and focus on the sensations around you: the air, the sounds, and the feeling of each step. This will help you stay present and reduce stress.

If it is rainy or too cold, walk around your home, go to the gym, or just spend some time stretching and moving your body in a way that feels good.

Reflect on what you notice:

Day 14: Send a Surprise “Thinking of You” Message

Brighten someone’s day by sending them a kind, unexpected message or note of encouragement.

Who can you reach out to today to offer some encouragement and kindness? Think of people in your life who may be isolated, you haven’t spoken to in a while, or you know need extra love this season.

Reflect on how the conversation makes you feel:

Week 3:

Embracing Joy & Holiday Magic

Day 15: Light a Candle or Start a Fire

Embrace the calming effect of a candle or fireplace. Spend 5-10 minutes enjoying the warmth and the scents and let it symbolize bringing light into your life.

Reflection:

Day 16: Bake or Cook a Comforting Meal

Pick a recipe you enjoy (or have been wanting to try) and spend time nourishing yourself with a homemade meal. OR, if cooking isn't your thing, treat yourself to a holiday favorite!

Write about your experience:

Day 17: Take a Break from Holiday Planning

Dedicate today to slowing down. Whatever is on your to-do list, let it wait. Prioritize rest, whether that means watching a movie or taking a nap.

The holidays can be stressful! Take a day off and let yourself simply enjoy the changing season!

Write down your to-dos/stress and then put this way until tomorrow

What will you do for yourself today?

Day 18: Reflect on Your Favorite Holiday Memory

Spend time thinking or journaling about a favorite holiday memory and how it makes you feel. It's a way to reconnect with the magic of the season.

What are some of your favorite holiday memories and traditions?

What movies did you love as a kid?

What smells, tastes, and flavors come to mind?

How can you incorporate this magic into the coming weeks?

Day 19: Do Something Creative

Engage in a creative activity today, whether it's doodling, writing, or trying a DIY holiday decoration. Let yourself play without worrying about perfection.

Create paper snowflakes

Create a gingerbread house

Paint, draw, or write

Pick a fun idea from Pinterest you've wanted to try

Decorate!

Make something fun in the kitchen

Create a collage or vision board

If you have kids, incorporate them in the activity!

Reflections:

Day 20: Practice Forgiveness

Reflect on any lingering tension or resentment you're holding onto. To lighten your emotional load, consider offering forgiveness, whether to yourself or someone else.

Questions to ask yourself

Is there a grudge or struggle you've been holding onto or struggling to let go of? Write it out - be completely honest

How does holding onto it make you feel? Can you imagine yourself letting some of it go? How does that feel?

Can you take any active steps to change the situation or create boundaries for yourself? If so, what would this look like?

How can you begin to re-frame the story so it is less emotionally upsetting?

What is one thing you have learned from the situation?

What could you choose to do differently moving forward?

Take a moment to really feel and allow yourself to express all of your thoughts & emotions – it is okay to feel how you are feeling. It is okay to angry, hurt, scared, embarrassed, overwhelmed.

Now, take a breath

give yourself a hug.

You are okay.

You are good.

Going forward, you can choose a different story.

What do you want this to look and feel like going forward?

What is ONE thing you can do right now to help you move closer to forgiveness or begin to shift the narrative?

Take a breath and let this moment pass.

Day 21: Plan an Evening of Self-Care

You have done so much over the past few weeks!!

Plan an evening to pamper yourself—whether that’s a warm bath, an early night with a good book, or simply enjoying time to do nothing.

Put it on the calendar and look forward to some quality time with yourself during the busy holiday season!

Your Plan:

Week 4: Setting Intentions & Looking Forward

Day 22: Reflect on Your Accomplishments This Year

Write down 3 things you’re proud of from the past year. Acknowledging your wins (big or small) helps build confidence and momentum.

1.

2.

3.

Day 23: 5-Minute Meditation for Calm

Use a simple meditation today to focus on your breathing and clear any mental clutter. It can help you reset during a busy day. Pick your favorite or listen to the one of the options below:

<https://youtu.be/TXNECaIJPDI>

<https://open.spotify.com/episode/6k7N4HPc2SeMMItEtiBEGP?si=Pen8IYzTZ-PXRoiWRozjA>

Reflection:

Day 24: Make a Plan for Self-Care During Family Gatherings

If you have upcoming family events, write down a plan for prioritizing your mental health (e.g., taking breaks, stepping outside for air, or leaving when needed).

I need...

I will...

Day 25: Celebrate a Small Win

Celebrate something small you've done recently, whether that's completing a task or showing up for yourself. Acknowledge and savor it!

I am proud of myself because I

Day 26: Write Down Your Intentions for the New Year

Spend time reflecting on how you want to enter the new year. Write down your intentions and goals, focusing on your mental health and well-being. Instead of coming up with New Year resolutions, some people find it helpful to pick a word of the year or a theme to guide them. For example, you could select words like abundance, joy, forgiveness, health, or play. They help anchor your intention in the New Year without creating guilt if you don't stick to your specific resolutions.

In 2025, I want to...

In 2025, I will...

My word of the year or theme for the year is...

Day 27: Let Go of One Holiday "Should"

Give yourself permission to let go of one holiday obligation that doesn't serve you or makes you feel drained. Take a minute to address it, and create a plan. Ask yourself the following questions:

What is one thing you are dreading this holiday or doing out of obligation?

What do you have control over in the situation that you can shift?

Would you like to set a boundary? (refer to day 3 as needed)

Do you need to cancel or adjust the schedule?

Do you need to ask for support or help? Is there a particular part of the obligation that is stressing you out that you can delegate?

Do you need to change your expectations?

What is your main goal of this function, event, activity, or to-do? Is there an easier way to achieve that goal or end outcome in a way that is more enjoyable or fun?

Now, communicate what you need with those involved and give yourself a high five!

Day 28: Mindful Eating Practice

Practice mindfulness while eating or drinking today! Enjoy the holiday flavors and aromas —slow down, savor each bite, and notice the textures, tastes, and smells. It's a simple but powerful way to practice presence.

What did you eat or drink and how was the experience?

Day 29: Visualization Exercise for the New Year

Spend 10 minutes visualizing the best version of yourself in the upcoming year. Picture your future self feeling healthy, calm, and accomplished.

Referencing your reflections on day 26, picture your life and all you want in 2025. Allow yourself to feel the way you want and put yourself in the shoes of your future self. If it helps, create a vision board with pictures or words that excite you and reflect who you are becoming.

Here are some guiding questions:

What are you wearing?

Who are you with?

Where are you spending your time?

How are you spending your time?

How does your body feel?

What kinds of activities are you participating in?

What does your energy look and feel like?

Day 30: Create a Self-Care Plan for Post-Holiday

To prevent burnout or the post-holiday blues, make a plan for how you'll practice self-care once the holidays are over. Identify key actions and routines that will help you reset.

You have come so far these past 30 days!! Now, use the momentum you have created and incorporate some of what you've learned into your life going forward, so that you reach all your goals in 2025!

Were there particular exercises you found helpful? Can you weave them into your days or weeks ahead?

What have you learned about yourself this holiday season that you'd like to carry forward?

What are 3 action steps you can take in the New Year to help set yourself up for success?

- 1.
- 2.
- 3.

WOW! YOU JUST COMPLETED 30 DAYS OF WELLNESS!

Remember, personal growth is a lifelong journey and self-care requires practice and repetition! The goal is to remember to prioritize yourself and your own needs - use the tools you've learned to create some space for yourself, set boundaries, and tune in to what you need! You are doing incredible things

We, at Our Beautiful Messy Lives & EClark Premier Coaching, are cheering you on! If you are interested in connecting for 1-1 coaching or looking for more resources, sign up for a free consultation call and check out our website at <https://eclark.co/>

Cheers to an incredible 2025!

- Emily Lilley, Founder & Coach