

Take care of yourself in December

For the whole month, I offer you to take care of yourself with a little thing to do each day. Nothing complex, or that requires a lot of material. The goal here is to enjoy a parenthesis each day of this busy and sometimes emotionally heavy month.

Rules are really simple:

You can either follow the list, or pick one idea you like.

You can skip days, or do several things a day.

You can do them all, or only pick some.

You can write on the following pages, or on a notebook, or your journal, or even keep it within.

On this month of December, you are allowed to take a moment for you to pause, to take care of yourself, to rejuvenate, to be inspired.

You will find more ideas and links on my blog, and some extra (lesetatsdamedecese.net) if my list is not enough.

I wish you a wonderful month. Take care of yourself.

My little list

1. Be aware of what really matters to you during the whole month. You can note it in your notebook or your journal, or keep it within.
2. Take a picture of something you enjoyed today and share it online or glue it in your journal.
3. Write three things that make you smile. Make it a before bedtime ritual.
4. Think about something you really care about this month, and how to materialize it. Write steps to achieve it.
5. Create a playlist of songs or music that make you feel good and take the time to listen to it during the week.
6. Inhale deeply and exhale calmly three times in a row. Do it each hour today.
7. Today, don't use « I have to », or « I should » when you talk to yourself.

- 
- 
- 
- 
8. Do something creative, just for fun. Write, draw, color, glue, paint, take pictures, play music, dance. Enjoy yourself.
 9. Notice what went good today and let it make you feel good.
 10. Perfect day for a before bedtime bath... Add oils, candles and bubbles for extra magic.
 11. Take a small step towards a goal you want to achieve.
 12. Make yourself your favorite hot brewage and enjoy it mindfully. Its scent, the vapor coming from it drawing volutes in the air, its taste, its texture....
 13. Look around you and notice 3 things you enjoy.
 14. Take time to really listen to someone.
 15. Listen to music without doing anything else. Let it take you on a journey.
 16. Enjoy nature around you, no matter where you are at. A house plant is also a piece of nature.
 17. List things you can do and that you would love, that would make you feel good, that will bring you peace. And if you want to, take a first step towards one of them.
 18. Nest yourself comfortably in your favorite blanket and watch a Christmas movie.
 19. Take time to enjoy what you put in place these last weeks.
 20. Set yourself comfortably and read a book for an hour. Let the words take you on a journey.
 21. Lit a candle and listen to a guided meditation. Enjoy the experience and let go.
 22. Gift yourself a bouquet. You can either actually buy flowers, or gather natural elements. Put it into a vase. Enjoy.
 23. Take time to do something for yourself, that you will enjoy or bring you peace. Even for only a couple of minutes. Especially for a couple of minutes




24. Take a funny or artsy picture today. Allow yourself to step back and enjoy the present moment.

25. Remind yourself to take a moment by yourself if and when you need it. And come back to others afterwards.

26. Remember to hydrate! It's the perfect time to try new herbal teas, to make your own mix, to discover new tastes.

27. Take time to write about all you have accomplished these last weeks. Baby steps or giant jumps, everything is worthy!

28. Write a love letter to the only person you will spend your life with: yourself! Tell yourself what you like about you, how much you matter to yourself, and all the little things that makes you who you are.... There is a lot to say about how special you are!



29. Dance on your favorite music until you feel free from all the tensions you built these last weeks. Get wild!!

30. Take a time to read what you wrote, to look at what you created, and to remember what you shared this month. Because you deserve it.

31 List all the important times of this past year. It can be anything. People, events, discoveries, beginnings and endings... Note them on colorful papers. Do 2 piles: good times, and less good ones. At midnight, burn the less good ones to leave them behind you, and add glitter, doodles, gold and silver to the good ones. Then put them in a jar, to read them back when you need them to remind you the wonder of life is in the little things.

