

December 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
<p><i>The greatest distance in the world is the 14 inches from</i></p>			Contemplate what forgiveness mean to you.	Ask yourself "What do I need to forgive within myself?"	Ask "How is not forgiving & reconciling with myself contributing to my current situation?"	Read and watch Fred Luskin explain "What is Forgiveness?"
5	6	7	8	9	10	11
Read an article about Eight Keys to Forgiveness	Identify a resentment you have held & work to release it	How self-compassionate are you? Take this quiz.	Heartfully invoke the Billy Joel mantra "I love you just the way you are."	Do one kind thing for yourself each day.	The next time you are with a person you find difficult, practice the Golden Rule. Notice the changes.	Observe what you say to yourself today about your mistakes or shortcomings.
12	13	14	15	16	17	18
Do one "selfless deed" each day for a week.	Consider how you can be more affirming to others.	Help a stranger today.	If you have an animal, give it your full attention for ten minutes today.	Write down when you've been a role model of compassion and how that felt.	Observe, without judgment, how you react to your own and others' suffering today.	Do that one thing.
19	20	21	22	23	24	25
Do one thing to make today better for someone who is struggling.	Commit an anonymous act of compassion.	List situations when your heart or mind dictated your actions. Could your heart lead more of your actions?	Do one thing this week to nurture an animal or help preserve nature.	Contemplate events in your life that caused you suffering and what that has taught you about compassion.	Visit, call, or write someone you haven't spoke to in some time.	Commit to enjoying the day.
26	27	28	29	30	31	1
Pay attention to how you feel physically when you forgive someone.	Practice forgiving little infractions, such as someone bumping into you at the store.	Practice speaking in the present tense. Avoid: if only, should have, could be, will be, going to.	Think of someone you have forgiven. Were you able to forgive once and for all time? If not, forgive again.	Think about those aspects of yourself you don't like. Don't judge them, instead come to them with kindness.	Redirect the energy you are devoting to replaying something you are holding on to into a positive interest.	
2	3	<p><i>If you want others to be happy, practice compassion. If you want to be happy, practice compassion.</i></p> <p><i>-Dalai Lama</i></p>				