

2022 DECEMBER

THE POSITIVITY PROJECT

"In moments of quiet reflection our minds embrace the seas that we have crossed."

- Holmes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	01 Spread kindness and share this calendar with others.	02 Contact someone you can't be with to see how they are.	03 Make a list of the kind things others have done for you and reflect on their kindness.
04 I am proud that I...	05 Write down a quote that inspires you and the reason why.	06 Clean out your inbox. It is time to purge and unsubscribe.	07 I maintain balance in my life by...	08 Make an appointment for a yearly check-up.	09 Write a note for 12 Days of Love Letters to gift to a loved one.	10 Light a candle and listen to some music.
11 Take cookies or baked goods to your local fire or police station.	12 Get at least 8 hours of sleep.	13 Create an evening ritual.	14 Make a list of your stress triggers and a list of solutions.	15 Leave a basket of snacks and water on your front porch for delivery drivers.	16 Start a conversation with someone you don't know.	17 Enjoy a holiday film with friends and family.
18 List 5 ways you can make meals/food less stressful.	19 Do 30-minutes of low impact exercise.	20 Pick up trash in an area you go.	21 Donate a new toy to an "angel tree" or Toys for Tots.	22 Take a nice walk and admire the holiday lights.	23 Create a morning ritual.	24 Do something that connects you to that peaceful place within.
25 Make space for quiet and reflection.	26 What is an intention you want to set for 2023?	27 Do a simple body scan before you go to bed.	28 Declutter one area of your home.	29 Commit to learning a new skill in 2023.	30 Reflect on your 2022 goals and results.	31 Spend 15 minutes meditating on your goals for 2023.
01	02	03	04	05	06	07
<p><i>"Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success."</i></p> <p>-Pablo Picasso</p>						