

live well. lead well.

30 WAYS TO LIVE WELL

TAKING CARE OF YOU THIS HOLIDAY SEASON.

Below are 30 simple ways to live well as you head into this holiday season. Make self care a priority for you and your family. Together, try to accomplish as much of these as possible to recharge and keep self care a priority. **Check the boxes on this calendar to ensure that you are a priority. No prescribed order other than Day 1.** Feel free to modify any of the below strategies to suit your needs.

DAY 1 Plan to Succeed

Schedule a reminder in your calendar to make yourself a priority. Just do it now!

DAY 7 Time to Reflect

Let 2021 be remembered as the year that... Share your responses with 2 friends & get them to respond.

DAY 12 Play!

Bring out the child in you. Throw snowballs, build a snowman and or create snow angels.

DAY 17 Practice Forgiveness

Let go of what's happened in the past. Make a choice about how to respond to yourself or others in a kind and sensitive way.

DAY 21 Reject Negativity

Take time today to clear your mind of any "can'ts". Write them down on a piece of paper, crumple it up and throw it in the trash.

DAY 26 Receive & Give Grace

When someone pays you a compliment, accept it with grace. Take a minute to send an email, make a phone call to compliment a friend/colleague/family member.

DAY 2 Listen & Learn

Discover a new podcast. Take time for yourself, plug into the podcast, sip on mulled wine and listen to the message being shared.



DAY 22 Gratitude Over the Holidays

When writing and or sending your holiday cards this year, include a note of gratitude in your message.

DAY 27 Breathe

Inhale Exhale. Inhale Exhale.

DAY 3 Get Active Outside

Bundle up! Grab your hat and mitts and get the blood flowing. Go sledding, tobogganing or ice-skating. (Age doesn't matter!)

DAY 8 Love Thy Neighbor

Shovel your walks to ensure safety for everyone. Include your neighbour's walk in this task today.

DAY 13 Build a Gingerbread House

Take time and invest in relationships by building a gingerbread house with family, friends or neighbors.

DAY 18 Pay it Forward

Consider supporting your favorite, local business. They deserve your support and need it now more than ever!

DAY 23 Think Back. Look Ahead.

How have you taken care of yourself both mentally and physically this year? What worked well and what will you continue to focus on?

DAY 28 Be Still & Do Nothing

Focus on spending 30 minutes today on doing absolutely nothing. What do you feel? What do you hear? Focus inward. What did you discover?

DAY 4 Practice Saying No

Know your limits, and set healthy boundaries for yourself. Practice saying no, or, at least, not now.

DAY 9 Take Care of your Body

Reflect on your nutrient levels and heal your body by drinking a green juice or smoothie. So much goodness!

DAY 14 Eggnog

Today is a day where you can drink eggnog and forget about your worries. Include some spirits if you wish!

DAY 19 Stress Bust

Identify what's stressing you today. Identify 1-2 strategies to reduce this stress. Recognize it, go for a walk, talk about it or do what brings you joy.

DAY 24 Movie Time

Put on your favourite holiday movie and enjoy it with some hot chocolate and marshmallows, mulled wine or spiced cider.

DAY 29 Be Happy

Perform small acts of kindness. Smile at a stranger, sing in the shower, treat yourself to something you love, be generous, or experience a belly laugh.

DAY 5 Celebrating Success

Reflect on something you are proud of. Name it! Today is the day to celebrate your achievement. Enjoy a coffee, tea, or a glass of wine.

DAY 10 Get More Sleep

Sleep helps your mind and body rest. Try and get to bed at 9:00pm tonight, or don't set an alarm for the weekend.

DAY 15 Winter Wonderland

Bundle up with a family member and admire the beautiful holiday lights on your street as you walk down it.



DAY 6 Turn on the Oven

Today, with family or friends bake holiday cookies! This could include gingerbread, sugar cookies, shortbread, or baklava!

DAY 11 Commit to Your Passion

Do something you love today. Maybe online Yoga? A walk? Pick something that brings you joy.

DAY 16 Gratitude Day

List at least 8 things that you are grateful for today. Count your gratuities big or small.

DAY 20 Support Local

Consider going to a local market, coffee shop or eatery. Your support makes a difference

DAY 25 Slow Down

Try to live in the moment, unplug, watch/observe your surroundings and reflect. Do nothing but observe for at least 10 minutes.

DAY 30 Self Reflection

Now that you've completed this calendar, reflect on the take-aways. What are you proud of?