

2024 December

TIME TO REDISCOVER YOUR PLAYFUL HEART!

Become a child again this December. Use this month to reset and just be, with no worries or fear... just be & play!



1 Set an intention to be a kid again in December!

2 Go to a \$1 store, buy 12 little gifts for yourself along with some fun wrapping paper. Wrap them and hide them in a closet until the 24th!

3 Buy a stocking! Decorate it for yourself and hang it in a fun location. (Or if you still have it, hang your stocking from your childhood.)

4 Write a letter to Santa!
What is it you really want? Actually MAIL it tomorrow!

5 Wear two different colored and mismatched socks today!

6 What's one little task you need to do before the end of the year?
DO IT TODAY or TOMORROW!

7 Have a slumber Party!

8 Today, look at every object you see as if you're seeing it for the first time as a 3-year-old. How would you interact with it?

9 Call in sick to work. Play hooky! Take a mental health day. Stay in your jammies, make some soup, and watch holiday movies all day!

10 Grab a pad of sticky notes and post playful quotes all over the office this week. Don't tell anyone it's you!

11 Buy some chalk and draw outside on the sidewalk!

12 Buy yourself a pair of TAP SHOES.
Choreograph your own recital!

13 Doodle with some colored pencils. Or buy a spirograph and create fun designs!

14 Repeat to yourself 3 times:
I AM FUN!

15 Buy 3 toys you loved as a child. Wrap 2 of them and give to someone in need. Keep the 3rd for yourself!

16 Wake up early and **DANCE!**
Start the week with twirls and joy!

17 Have a Holiday Cookie Baking Party! Invite others or hold one on your own!

18 Are you worried about finances because of something that happened in 2024? Take a deep breath and **KNOW** it will ALL work out.

19 Buy some fun comfy slippers!

20 Name something that went badly in 2024. Now, what is one **GOOD** thing that came out of that bad thing! Start being a benefit finder!

21 Draw a Christmas Tree or Holiday Scene and Hang it on your refrigerator.

22 Think about a word you want to choose for 2025. Pick one to focus on all during 2025 to bring more peace & joy into your life!

23 What was one thing you worried about constantly in 2024? Did it happen? If it didn't... stop worrying. If it did... stop worrying at least for today!

24 Put those gifts you wrapped on December 2 in your stocking. Then read *The Night Before Christmas!*

25 When you wake up, pretend you are a 6-year-old all day!
Then tonight, light candles. Think of a way to light up someone's life.

26 Buy a BIG "abundance" jar for next year. Throughout 2025, write down gratuudes and put them in the jar. When you can, put in spare change, too.

27 Repeat to yourself 3 times:
I AM AT PEACE.

28 Play a board game today!

29 Write down 3 things you'd like to do for **OTHERS** in 2025 that would be fun & playful!

30 It's a New Moon. Tonight, watch the stars come out and say "oooooo" & "aaaaaaa" a lot. Make a wish to come true before the first full moon in 2025!

31 Set a playful intention for 2025. Repeat to yourself 3 times:
I am going to do what I can to have a **PLAYFUL HEART** & focus on joy all year long in 2025!



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