

WHAT TO BE GRATEFUL FOR

December makes this easier than most months, use that. Pick one a day, or come back to the same one all month.

Health

The body that lets you move, experience, and engage with life at all.

Best for: a reminder on the days you take it for granted

Family & Friends

The people providing the support, laughter, and memories in the background of everything else.

Best for: the busiest, most distracted weeks

Home

Somewhere safe, warm, and yours to come back to.

Best for: grounding yourself on a hard day

Work & Purpose

Something to put your effort into, even on the days it's hard.

Best for: reframing a frustrating week at work

Nature

Free, constant, and available the moment you step outside.

Best for: a two-minute reset, any day

The Present Moment

Not the plan, not the memory. Just right now.

Best for: slowing down during the festive rush

THE RULE

One a day is plenty. December is full, so keep this simple and let it be easy to actually do.