

Happiness

Write down three things that made you happy today.

*Boring
Self-Care*

Do one thing you've been putting off.

*Realistic
Apologies*

Only apologize when you mean it.

Kindness

Write a letter as part of The Mighty's holiday card drive.

Gratitude

Name three things that happened this year that you are thankful for.

Hydration

Be sure to drink 8 glasses of water today!

*Self-
Confidence*

Name three things you like about yourself.

Sleep

Put your phone away an hour before bed.

Staying Active

Do some gentle stretches.

Journaling

Design your dream home. What would it look like?

*Boring
Self-Care*

Make that doctor's appointment you've been putting off.

Happiness

List three people who make you happy. Text them why.

Hydration

Drink when you feel thirsty.

*Self-
Confidence*

Wear your favorite clothes. Tell yourself you look good.

Sleep

Listen to some soothing nature music before bed.

*Realistic
Apologies*

Apologize to someone you've wronged in the past.

Kindness

Offer to help a friend going through a tough time.

Happiness

Do something creative today.

Journaling

What did you dream about last night?

Sleep

Set a bedtime and stick to it.

Mindfulness

Eat a meal or do an activity leaving your phone behind.

Gratitude

List three things that happened this month that you are grateful for.

*Realistic
Apologies*
Forgive yourself for something you've done and aren't proud of.

*Self-
Confidence*

Name five things you like about yourself.

Staying Active

Go for an after dinner walk or roll around the block.

*Boring
Self-Care*

Change your bed sheets.

Gratitude

Craft a message for a loved one showing your appreciation .

Kindness

Send a kind message to an old friend.

Mindfulness

Take five minutes out of your day to go outside and observe your surroundings

Happiness

Write down three things you can do in 2018 that would make you happy.

Journaling

Write about your goals for next year.