

DECEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1 OFFER A SMILE TO A STRANGER WHILE YOU ARE OUT AND ABOUT IN THE WORLD TODAY.	2 SEND A TEXT TO A FRIEND AND TELL THEM WHAT YOU APPRECIATE ABOUT THEM.	3 GET YOUR FAVORITE TAKE-OUT FOR DINNER.	4 WRITE YOUR NAME WITH YOUR NON-DOMINATE HAND.
5 Find 3 things in your house you can donate.	6 Do something nice for a neighbor.	7 GO OUTSIDE AND GO FOR WALK REGARDLESS OF THE WEATHER.	8 SEND A GOOD MORNING TEXT TO SOMEONE SPECIAL.	9 TAKE NOTICE OF THE THINGS THAT BRING YOU JOY AND MAKE YOU SMILE TODAY.	10 Give a gift card to a stranger.	11 Go outside and look at the moon and stars.
12 DANCE PARTY CRANK UP YOUR FAVORITE ROCKIN' CHRISTMAS SONG AND DANCE AROUND THE ROOM.	13 Think about 5 things that make you smile.	14 Drive a different way to get to your destination.	15 Sing Sing Out Loud SING YOUR FAVORITE CHRISTMAS SONG WITH OR WITHOUT THE MUSIC.	16 List three things you like about yourself.	17 Try to make someone laugh.	18 DO SOMETHING SPONTANEOUS.
19 WATCH A TED TALK ABOUT SOMETHING THAT INSPIRES YOU.	20 What is your favorite sound? Now listen for it all day.	21 LEAVE A TREAT FOR YOUR MAIL CARRIER.	22 GIVE A SINCERE COMPLIMENT TO 2 PEOPLE TODAY.	23 Drop a quarter on the ground for someone else to find.	24 Slow down, and count your blessings.	25 LIGHT A CANDLE & FOCUS FOR 3 MINUTES ON THE DANCING FLAME, CLEARING YOUR BRAIN.
26 SEND A TEXT TO A FAMILY MEMBER; WISH THEM A HAPPY HOLIDAYS, AND TELL THEM WHAT YOU APPRECIATE ABOUT THEM.	27 CLOSE YOUR EYES AND TAKE IN A SLOW, DEEP BREATH, COUNTING TO FOUR. RELEASE THE AIR SLOWLY VISUALIZING A RELEASE OF ALL STRESS.	28 Chat with a stranger today.	29 HAVE COFFEE OR LUNCH WITH A FRIEND TODAY.	30 Write down a friend's best qualities and give it to them.	31 Do something creative today.	BRAIN BASICS www.brainbasics.com