

STAY SANE DURING THE HOLIDAYS

DECEMBER 2019

Ideas to help you balance holiday prep while maintaining a social life & your sanity.

S

M

T

W

T

F

S

1

Write down your reminders for any charitable donations you plan to make for the holidays

2

Review your 2019 goals and reflect on what you need to do this month to finish strong

3

Look up ways to volunteer & give back & schedule with a friend or group

4

Brain dump all your thoughts on paper to help clear your mind

5

Follow a guided meditation

6

Create your Holiday Gift Idea's list

7

Create your Holiday Gift Shopping Budget

8

Pick one!

- Holiday Nights - Botanical Gardens
- Atlanta Christkindl Market

9

Schedule out your holiday parties and dinners in your planner

10

Listen to an inspiring podcast

11

Do one thing you have been procrastinating about

12

Play Christmas music & do a face mask & bubble bath night

13

Treat yourself to a gift from you

14

Make plans with a friend to do something festive together

15

Call a family member or friend that you won't see over the holidays

16

Wrap your gifts! Get this done and out of the way to prevent last minute stress

17

Relax & watch your favorite Holiday movie.

18

If you plan to mail Holiday cards & haven't yet - do it now!

19

Send a friend a message about how much they mean to you

20

Clean out your kitchen of any items that may have expired or that you will never eat

21

Have friends over for festive drinks or hit a holiday bar or coffee shop for hot chocolate

22

Pajama day! Make it a tradition to take one day of relaxation right

23

Read for 30 minutes

24

Digital Detox - try staying off social media the entire day

25

Merry Christmas! Enjoy time with your loved ones

26

Put your gifts in their place & unwind from the holiday rush - you made it!

27

Declutter your closet to prepare for the new year

28

Return any gifts so they won't be lingering around your house

29

Take a free online class about something you have been wanting to learn

30

Do a social media purge and unfollow any negative accounts

31

Reflect on the year. Write down what you accomplished & what you want to work on in 2020.