

2021 X'mas Advent For Well-Being For Adults

****Take time for self-care and caring for others****



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

1
RITUAL
PER DAY

May you have a peaceful festive time

1
Mindfully sip your favorite hot drink

2
Breath through this pose for 5 mins

3
Design your Christmas tree

4
Let go 1 thing you want to control this X'mas

5
Find a mantra for this X'mas

Carpe diem!

Meditation/ Visualization

6
Do BODY SCAN meditation for 5 mins

7
Do something heart-warming for someone

8
Shine yourself today as a bright star

9
Say it loud "I love myself the way I am"

10
Enjoy this pose for 5 mins

11
Color a Mandala image

12
Meditate for 5 mins

Being Mindful/ Present/

13
Give someone a hug for 3 mins

14
Enjoy this pose for 5 mins

15
Write a thank you letter to yourself

16
Do 1 kind act to a stranger

17
Express gratitude to 3 persons

18
Enjoy this pose 5 mins with someone

19
Take a walk in the nature (breathe)

Express Gratefulness/ Appreciation

20
Mindfully taste the food you eat

21
Let go 1 of your X'mas worries

22
Enjoy this pose for 5 mins

23
Make a wild wish for 2022

24
Try enjoy the process (let results come)

25
Wishing you well in 2022!!

**** Forward and share this 24 days of well-being rituals to the ones you care****

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