December Well-being CHALLENGE 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Set an intention and a mantra for December	Spend 10 minutes in quiet (no phone)	Step outside and take 5 deep breaths	Do a 10 minutes stretching routine	Tidy one small area of your space	Write down 3 things that make you feel safe	Prepare your favorite cosy snack and enjoy it
Eat your lunch mindfully and with all your senses	Listen to a mood-boosting song	Write down 3 thoughts that have been in your mind	Light a candle and spend 5 minutes around it	Lay down for 5' with your legs elevated to the wall	Do a quick cold shower	Take direct sun for 5 minutes in the morning
Write in your journal about 3 people you feel grateful for	Prepare your favorite hot drink and enjoy it in silence	Go for a 10' walk after lunch	Breathe in 4 rounds: Inhale for 4", Hold for 7", Exhale for 8"	Gently tap your body for 4 minutes	Cook a plant based meal for you and a friend	Meditate for 10 minutes
Write about a dream of yours and share it with someone else	Dip your face on a bowl with water and ice for 2' with breaks	Hug 5 people very tight and look them in the eyes	Send a kind message to someone	Have a warm shower or bath before you sleep	Declutter your phone and your computer	Giveway one possession of yours to someone else
Make a drawing of how you imagine your nexr year	Try Yoga nidra for 10 minutes before you sleep	Set an intention for the new year and put it on the wall/fridge				

Breathe in to 2026 . . .

Created by @planet.soma

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Well-being
CHALLENGE

2025

Rules of the challenge:

Give yourself a few minutes each day
Show up for the day's practice with presence, even if it's only for a short moment.

Listen to your body's needs
If an action doesn't fit your day, adapt it gently.
Choose what feels regulating, comforting, or grounding for you.

Treat this month as a soft reset to reconnect, restore, and enter the new year with more ease and intention.