@SOMEKINDWORDS

kindness
always
comes back

inhale
SKY
exhale
STARS

mindset
is
everything

COOKIES
bake some
cookies

ENJOY
drink
hot
chocolate

CREATIVE
make a
winter
craft

hang up
MISTLETOE

MUSIC
♫ listen
to christmas
songs

DIY
make lovely
christmas
cards

yummy

make some waffles

LIVE THE actual MOMENT

GRATITUDE

what are you grateful for today?

COZY UP and read a BOOK

decorate your house for winter

LOOK AT christmas LIGHTS

SELFCARE

take a bubble bath and take a nap

FUN

do some ART THINGS, watch christmas movies

BE a voice NOT an echo

LIFE is short make every hair flip count

deep breathe
YOU GOT
this.

MOVIE NIGHT
- santa clause
- the holiday
- polar express
- home alone
- a royal christmas

It's a
good DAY
to be ☺
happy