

kindness  
always  
comes back  
— ❤ —

inhale  
SKY ☁  
exhale  
STARS \*



mindset  
is ❤  
everything

COOKIES  
bake some  
cookies  
🍪之心

ENJOY  
drink ☕  
hot  
chocolate

CREATIVE  
make a  
winter  
craft ✨

hang up  
MISTLETOE  
———— \*

MUSIC  
♫ listen  
to christmas  
songs

DIY  
make lovely  
christmas  
cards 🎅

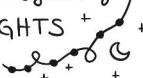
yummy ✨  
make some  
waffles ✨ 

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 +  


SELF CARE  
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

: \* :  
Santa \*  
claus \*  
is coming  
to town