




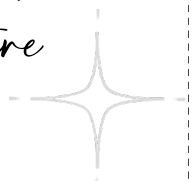
Mindful morning,
what are you
looking forward to
on this day?




Spend a few hours
without your
mobile phone
(smartphone detox)




Live
here and now,
don't think
about the
future




Do an activity
in slow motion -
slow day to day
tasks down




Consciously
feel your
breath




Take a
walk in the
fresh air



Consciously
enjoy a moment
of silence
today



Carry out
an everyday task
mindfully
(e.g. eating, writing,
ironing)



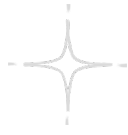
Write down
three things
you're grateful
for




Enjoy a
hot drink




Take time
for yourself –
pay attention
to your needs



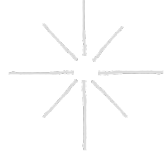
Consciously focus
your attention today
on all the smells
that put you in the
Christmas mood
(cinnamon, candles,
gingerbread, etc.)



Write down
wishes, dreams
and goals for
the new year




Eat what you
really want today
(what have you not
had for a while?)





Show your
loved ones
how important
they are to you




Listen to a
Christmas song



Try to smile
as often as
you can today




Create a small
"not-to-do list"
so you can
focus on what
really fulfills you



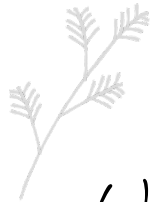
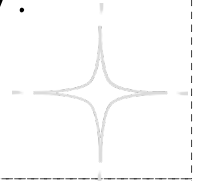
What has been particularly positive today?




Visualize three things you like about yourself



What made you happy today?



Watch a Christmas movie



Close your eyes, embrace yourself and breathe in and out five times



Enjoy the day with your loved ones

