

Self-Care Advent Calendar

One small restoring thing behind every door. Open one a day, December 1 to 24.

NAME _____ MY DOOR TIME _____ WHAT I NEED MOST THIS DECEMBER _____

WEEK 1 · LOOK AFTER YOURSELF

MON

HOW IT WORKS

1. Open today's door.
2. Do it.
3. Colour the circle.

TUE

1

TUE, DEC 1

Set up

Stick this up. Write your December "why".

WED

2

WED, DEC 2

Water first

A glass of water before coffee.

THU

3

THU, DEC 3

Daylight walk

10 minutes outside in the light.

FRI

4

FRI, DEC 4

Quiet night

Book one quiet evening this month.

SAT

5

SAT, DEC 5

Stretch

10 slow minutes. Boring is fine.

SUN

6

SUN, DEC 6

No-phone hour

First hour after waking, screen-free.

WEEK 2 · SLOW DOWN

MON

7

MON, DEC 7

Long bath

Low light, 20 minutes, no rush.

TUE

8

TUE, DEC 8

Nap

20 minutes. Set an alarm. Guilt-free.

WED

9

WED, DEC 9

One chapter

A book, a blanket, a hot drink.

THU

10

THU, DEC 10

Face mask

Or any 10-minute skin ritual.

FRI

11

FRI, DEC 11

Calm playlist

10 slow songs. Play them tonight.

SAT

12

SAT, DEC 12

Long shower

No rushing. Warm. Phone outside.

SUN

13

SUN, DEC 13

Slow Sunday

Tea, pyjamas, nothing scheduled.

WEEK 3 · BE KIND

MON

14

MON, DEC 14

Thank you

Tell someone exactly what they did.

TUE

15

TUE, DEC 15

Compliment

A stranger or a quiet colleague.

WED

16

WED, DEC 16

Write a card

Paper, pen, one real address.

THU

17

THU, DEC 17

Donate one thing

Into the box or to a food bank.

FRI

18

FRI, DEC 18

Call someone

Who might be lonely this month.

SAT

19

SAT, DEC 19

Say no

To one thing you don't want to do.

SUN

20

SUN, DEC 20

Kind to you

3 things you handled well this year.

WEEK 4 · CLOSE THE YEAR

MON

21

MON, DEC 21

Solstice walk

Sunset on the shortest day.

TUE

22

TUE, DEC 22

10 photos

Your year in 10 pictures.

WED

23

WED, DEC 23

3 questions

What worked, what didn't, what more?

THU

24

THU, DEC 24

Your 2027 habit

One small daily thing. Write it down.

AFTER DOOR 24

24 days of looking after yourself in the loudest month of the year. Keep one ritual going into January.

THE RITUAL I'M KEEPING:

 Done  Swapped  Not yet Missed one? Don't open two tomorrow. Just open today's.

Rest counts. A nap is a full door.

harder.pro/blog/advent-calendar-challenge

Make Your Own 24

Write your own self-care ritual behind each door. Keep them small, slow and free.

1 _____ _____ ○	2 _____ _____ ○	3 _____ _____ ○	4 _____ _____ ○	5 _____ _____ ○	6 _____ _____ ○
7 _____ _____ ○	8 _____ _____ ○	9 _____ _____ ○	10 _____ _____ ○	11 _____ _____ ○	12 _____ _____ ○
13 _____ _____ ○	14 _____ _____ ○	15 _____ _____ ○	16 _____ _____ ○	17 _____ _____ ○	18 _____ _____ ○
19 _____ _____ ○	20 _____ _____ ○	21 _____ _____ ○	22 _____ _____ ○	23 _____ _____ ○	24 _____ _____ ○

DOOR 22 · MY YEAR IN 10 PHOTOS

1	_____	6	_____
2	_____	7	_____
3	_____	8	_____
4	_____	9	_____
5	_____	10	_____

DOOR 23 · THREE QUESTIONS

What worked this year?

What didn't?

What do I want more of?

DOOR 24 · ONE HABIT FOR 2027

Not a resolution. One small daily thing you can do on your worst day.

MY HABIT

MY MINIMUM VERSION