

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 _____

	MON	TUE	WED	THU	FRI	SAT	SUN		
WEEK 1 · LOOK AFTER YOURSELF	HOW IT WORKS 1. Open today's door. 2. Do it. 3. Colour the circle.	1 TUE, DEC 1 Set up Stick this up. Write your December "why".	2 WED, DEC 2 Water first A glass of water before coffee.	3 THU, DEC 3 Daylight walk 10 minutes outside in the light.	4 FRI, DEC 4 Quiet night Book one quiet evening this month.	5 SAT, DEC 5 Stretch 10 slow minutes. Boring is fine.	6 SUN, DEC 6 No-phone hour First hour after waking, screen-free.		
	WEEK 2 · SLOW DOWN	7 MON, DEC 7 Long bath Low light, 20 minutes, no rush.	8 TUE, DEC 8 Nap 20 minutes. Set an alarm. Guilt-free.	9 WED, DEC 9 One chapter A book, a blanket, a hot drink.	10 THU, DEC 10 Face mask Or any 10-minute skin ritual.	11 FRI, DEC 11 Calm playlist 10 slow songs. Play them tonight.	12 SAT, DEC 12 Long shower No rushing. Warm. Phone outside.	13 SUN, DEC 13 Slow Sunday Tea, pyjamas, nothing scheduled.	
		WEEK 3 · BE KIND	14 MON, DEC 14 Thank you Tell someone exactly what they did.	15 TUE, DEC 15 Compliment A stranger or a quiet colleague.	16 WED, DEC 16 Write a card Paper, pen, one real address.	17 THU, DEC 17 Donate one thing Into the box or to a food bank.	18 FRI, DEC 18 Call someone Who might be lonely this month.	19 SAT, DEC 19 Say no To one thing you don't want to do.	20 SUN, DEC 20 Kind to you 3 things you handled well this year.
			WEEK 4 · CLOSE THE YEAR	21 MON, DEC 21 Solstice walk Sunset on the shortest day.	22 TUE, DEC 22 10 photos Your year in 10 pictures.	23 WED, DEC 23 3 questions What worked, what didn't, what more?	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.

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