

The Advent Challenge

One tiny habit behind every door. Open one a day, December 1 to 24.

NAME _____

MY DOOR TIME _____

MY DECEMBER "WHY" _____

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1 · LOOK AFTER YOURSELF	HOW IT WORKS 1. Open today's door. 2. Do it (5–15 min). 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 · MOVE A LITTLE	7 MON, DEC 7 Stairs Take them every time today.	8 TUE, DEC 8 Kettle squats 20 squats while it boils.	9 WED, DEC 9 Walking call Take one call on your feet.	10 THU, DEC 10 Dance Three songs. Nobody's checking.	11 FRI, DEC 11 Early bed 30 minutes earlier than usual.	12 SAT, DEC 12 45 min outside Walk, run, hike, a market on foot.	13 SUN, DEC 13 Cook One warm meal from scratch.
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 Do a job For someone, without being asked.	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 You just did 24 days in a row in the busiest month of the year. Keep one thing going into January. MY 2027 HABIT: _____		

● Done ● Swapped for another door ○ Not yet Missed one? Don't open two tomorrow. Just open today's.

Make Your Own 24

Write your own challenge behind each door: self-care, fitness, kindness or an office version.

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