

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

WEEK 1 · LOOK AFTER YOURSELF

MON

HOW IT WORKS

1. Open today's door.
2. Do it (5–15 min).
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 · MOVE A LITTLE

MON, DEC 7

7

Stairs

Take them every time today.

TUE, DEC 8

8

Kettle squats

20 squats while it boils.

WED, DEC 9

9

Walking call

Take one call on your feet.

THU, DEC 10

10

Dance

Three songs. Nobody's checking.

FRI, DEC 11

11

Early bed

30 minutes earlier than usual.

SAT, DEC 12

12

45 min outside

Walk, run, hike, a market on foot.

SUN, DEC 13

13

Cook

One warm meal from scratch.

WEEK 3 · BE KIND

MON, DEC 14

14

Thank you

Tell someone exactly what they did.

TUE, DEC 15

15

Compliment

A stranger or a quiet colleague.

WED, DEC 16

16

Write a card

Paper, pen, one real address.

THU, DEC 17

17

Donate one thing

Into the box or to a food bank.

FRI, DEC 18

18

Call someone

Who might be lonely this month.

SAT, DEC 19

19

Do a job

For someone, without being asked.

SUN, DEC 20

20

Kind to you

3 things you handled well this year.

WEEK 4 · CLOSE THE YEAR

MON, DEC 21

21

Solstice walk

Sunset on the shortest day.

TUE, DEC 22

22

10 photos

Your year in 10 pictures.

WED, DEC 23

23

3 questions

What worked, what didn't, what more?

THU, DEC 24

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