DECEMBER

A Month of Positive Psych...

Looking back on the year. One small habit for well-being a day.

2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 Write the three best moments of this year	2 Write down one goal you reached this year	3 List five things you finished this year	4 Thank someone who helped you succeed	5 Write down what you learned this year	6 Celebrate one small win with someone
7 Read your good-things list from the year	8 Write a letter to yourself a year ago	9 Name one strength that grew this year	10 Remember a challenge you got through	11 Say out loud what you are proud of	12 Write what you want to do differently next year	13 Write what you want to keep doing
14 Give yourself a small reward	15 Thank a person who supported you	16 Notice the kind things you did this year	17 Look at photos of your year	18 List three people who made this year better	19 Rest without feeling guilty	20 Write one hope for next year
21 Spend an evening doing what you love	22 Tell a friend about your year in five minutes	23 Write what surprised you this year	24 Choose a word for next year	25 **Christmas** Plan one small goal for January	26 Share a good memory of this year with someone	27 Notice how you have grown
28 Clean up one space to start fresh	29 Write a kind sentence to your future self	30 Say goodbye to this year in your own words	31 Write what you are thankful for this year			