



First time in a long time

— ❄ —
Let's make Christmas count!

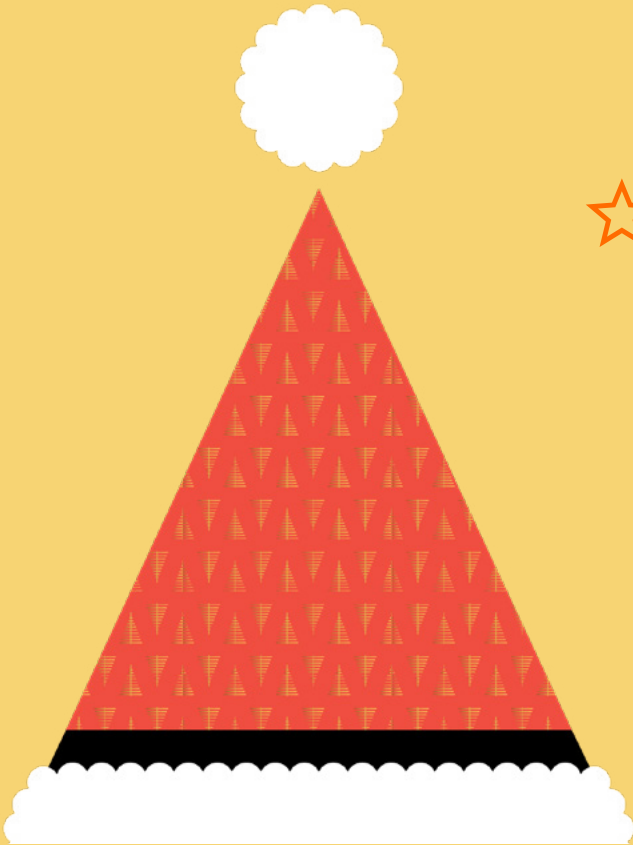


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TAKE STOCK:

Write a list in your journal of what you've accomplished this year – it will be more than you think! Use this time to reflect on your goals for next year! “To accomplish great things, we must dream as well as act.”
Anatole France





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SILENT DAY:

Contrary to popular belief, Christmas doesn't have to be all about the hustle and bustle! Today, give yourself the gift of silence by blocking out notifications, noises and distractions and do something that matters to you the most. Whether it is to bake a complex pastry or to finish a book, dedicate this day to what sparks joy within!

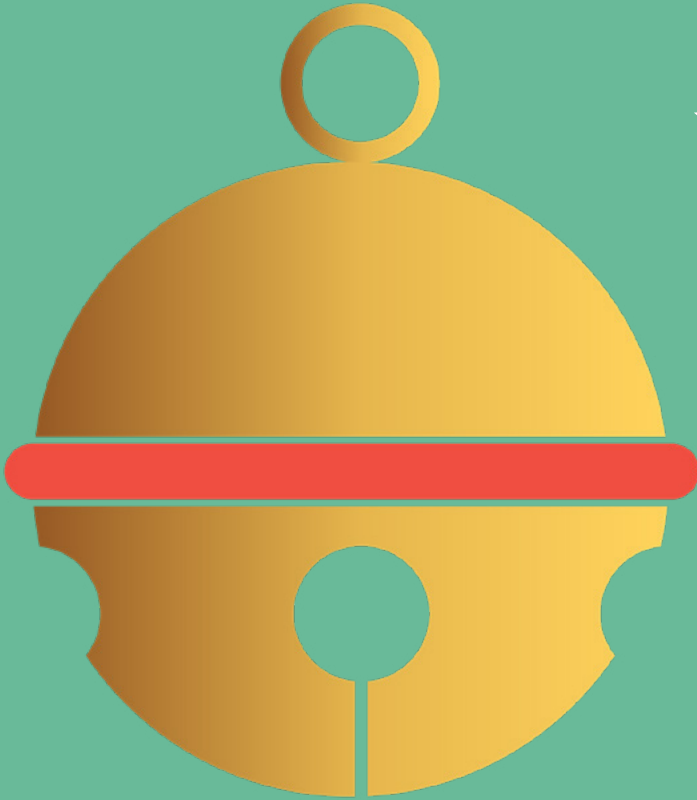




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DEAR FUTURE YOU:

Write yourself an encouraging letter to open this time next year. Not sure what to write? Here is some inspiration: "There is nothing like a dream to create the future." Victor Hugo



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MEMORY LANE:

Make hot chocolate, watch your favourite Christmas movie from childhood and reflect on the reason for the season. Bonus: Invite your friends or family to join you, or turn it into a virtual movie night!



Let's make this Christmas count!

And do not forget to do good and to share with
others, for with such sacrifices God is pleased.
Hebrews 13:16 (NIV).

Merry Christmas!"



Let's make Christmas Count!