



First time in a long time

— ❄️ —
Let's make Christmas count!



1

GIVE THANKS:

Start a gratitude journal for this month. Each night before bed, spend just 60 seconds jotting down something you're thankful for that day. Invite your family or friends to join in – at home or online. Let's share what we're grateful for and start the movement!



2

CHANGE FOR CHANGE:

This month, use cash for purchases where you can. Then each day, add your spare change to a jar. At the end of the month, donate what you've raised to charity.



3



LEARN SOMETHING NEW:

Today, challenge yourself to learn something new. For example, learn how to say “Merry Christmas” in 3 new languages! Did you know World Vision operates in nearly 100 countries with 44,000 staff, 95% of whom work in their home regions? That’s a lot of languages!



4

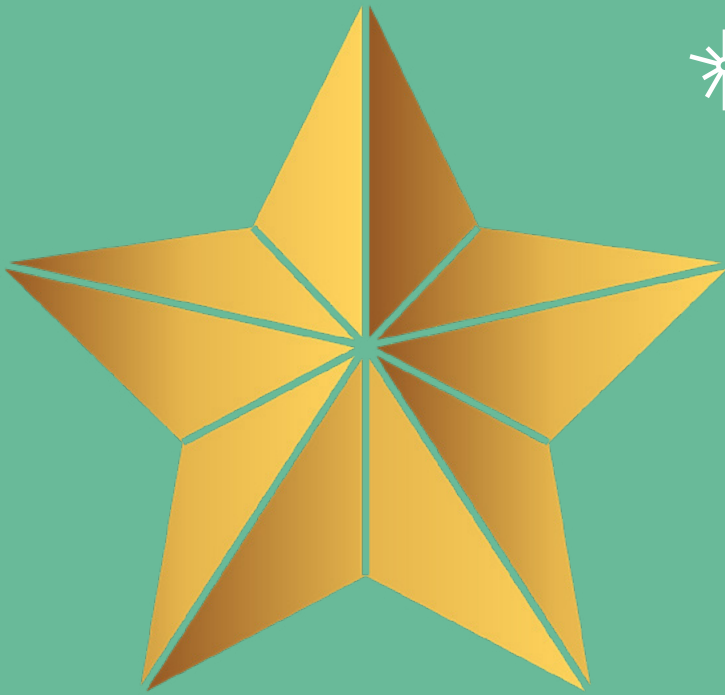


A BEAUTIFUL REMINDER:

Christmas is the season to celebrate and honour the people we love. Tell your family and friends you love them and share your favourite story about the two of you. Pick up the phone or send them a quick text.



5



CHILDHOOD FOOD:

Cooking for others creates so much joy, but so does bringing the same thoughtfulness when treating yourself this Christmas! Make yourself a dish you loved as a kid using a recipe online and let the taste bring back your favourite memories from the past.





6

BLIND DATE WITH A BOOK:

Do you have new books lying around, never read and looking for love? What about your favourite novel? Try to find it and enjoy a good read to give your mind a break from all the blue screens.



7



STEPPING OUT:

Take a stroll (around the block, down the prettiest street in your neighbourhood, or a scenic trail with a lookout at the end) and reflect on what you can do to make next year the best one yet!





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