

DECEMBER 2019



ZEN PARENTING RADIO

SUN	MON	TUE	WED	THU	FRI	SAT
1. Set an intention for the month	2. Write down 10 things that make you feel grateful	3. Write a kind note or post-it and put it on someone's door	4. Put some \$1 bills in your car so you can give them to people or charities	5. Give the people you love extra long hugs	6. Thank a teacher, nurse, or any other kind of caregiver that has helped you	7. Hold the door open for someone
8. Play your favorite holiday music while you drive, clean, work, or cook	9. Tell someone your favorite holiday memory (or journal about it)	10. Give someone a big tip	11. Text three people and tell them you are thinking of them	12. Cancel a plan that you wish you would have not scheduled (for today or another day)	13. Smile at people all day long	14. Let someone go ahead of you
15. Draw a picture of a snowman and tape it to your mirror	16. Donate to a cause that moves you	17. Write a handwritten thank you note and mail it	18. Find a joke that makes you laugh and share it with others	19. Drive around and look at the lights	20. Put a post-it next to your bed that says, "You matter"	21. Talk less and listen more today
22. Find a favorite quote and put it on your fridge	23. Wrap a small gift and anonymously put it in someone's mailbox	24. Tell people you love them through text, phone, or in-person	25. Spend 5 minutes in quiet and contemplate the reason for the season	26. Do something nice for yourself	27. Give away something you no longer need	28. Write your favorite word on your hand with a sharpie
29. Write or discuss 20 great memories from 2019	30. Let yourself off the hook for not doing everything on this calendar	31. Choose a word or intention for 2020				

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This month is dedicated to the practice of noticing and caring