

December 2023

Universal Human Rights Month

					1 Share a compliment with a stranger to brighten their day.	2 Spend 30 minutes reading a book you enjoy.
3 Write down one personal goal for the month.	4 Practice 5 minutes of guided breathing meditation.	5 Add a serving of green vegetables to your lunch.	6 Take a moment to learn about the Universal Declaration of Human Rights .	7 Take a brisk 20-minute walk outdoors.	8 Write a thank-you note to someone who has helped you recently.	9 Enjoy a relaxing warm bath with lavender oil.
10 Reflect on your goals and set a small action step for each.	11 Focus on being present in each activity you do today.	12 Try a new healthy recipe for dinner.	13 The Universal Declaration of Human Rights was adopted by the United Nations in 1948.	14 Do a 15-minute online yoga session.	15 Perform a random act of kindness, like paying for someone's coffee.	16 Journal for 20 minutes about your thoughts and feelings.
17 Plan your wellness activities for the upcoming week.	18 Take a moment to notice five things you can see, four you can touch, three you can hear, two you can smell, and one you can taste.	19 Make a smoothie with your favorite fruits.	20 In 1959, the United Nations adopted the Declaration of the Rights of the Child .	21 Dance to your favorite playlist for 10 minutes.	22 Give a sincere compliment to two family members or friends.	23 Have a screen-free evening.
24 Review your goals and progress for the month.	25 Reflect on what you are grateful for this year.	26 Try a new vegetable or fruit you've never had before.	27 What can you do to help respect the rights of others?	28 Take a nature hike or walk in a park.	29 Write down three things you did well this month.	30 Create a vision board for the next year.
31 Set intentions for 2024! Happy New Year!						