

# DECEMBER

## Noticing

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**30**

Reflect on one thing you'd like to bring into the new year. What intentions or qualities do you want to cultivate?  
**PRACTICE DAY**

**31**

As the year comes to a close, take a moment to breathe, reflect, and release. What were you grateful for in 2024?



**JOIN OUR FREE GUIDED DAILY MEDITATIONS**  
10.30am & 7pm  
Monday-Friday (UK TIME)  
**Beginners are Welcome!**

**JOIN OUR MEMBERSHIP THIS MONTH!**  
**Just £10 for a 6 month trial period**  
FREE MEMBERS WEEKENDS, MONTHLY TEACHINGS & PRACTICE FOR JUST £10 - PLUS A DISCOUNT ON THE WONDER OF THE EVERYDAY COURSE WHICH STARTS IN JANUARY!

**1**

Notice the details of the first Christmas decoration you see today. What memories or feelings does it spark?

**2**

Spend a few minutes observing how light changes in winter. Notice how the light makes you feel.

**3**

Bring mindfulness to your senses while decorating a space or looking at decorations.

**4**

When you hear holiday music today, take a moment to listen closely. How do the sounds affect your mood?

**5**

Observe evergreen trees, whether they're decorated or natural. Notice the shades of green and the scent.

**6**

Bring mindful awareness to any holiday treats you eat. Savor the flavors and textures with gratitude.

**7**

Take a moment to look at holiday lights on a home or tree. Notice how the colors and patterns make you feel.

**8**

Find a natural item (a pinecone, fallen leaves, a smooth stone) and take a few moments to feel its texture and shape.

**9**

Reflect on the significance of a holiday tradition. What do you feel grateful for in this tradition?

**10**

Look at decorations up close. Notice the intricate details, colors, and craftsmanship that went into them.

**11**

Step outside and feel the cool winter air on your face. What scents or sounds does the season bring?

**12**

As you wrap a gift or see one wrapped, notice the textures, colors, and shapes. Appreciate the act of giving.

**13**

Focus on your breath for a few minutes today. Imagine inhaling peace and exhaling stress.

**14**

Notice holiday colors around you. What emotions or memories do they evoke?

**15**

Appreciate the stillness of a winter scene: a bare tree, frosty ground or look up to the full moon.

**16**

When drinking a warm beverage, savor each sip. Notice its warmth, flavor, and comfort.

**17**

Watch how people interact during holiday gatherings. What warmth and joy can you observe?

**18**

Notice the smells around you today, whether it's pine, spices, or cold air. How do they make you feel?

**19**

Take a mindful moment to look at holiday cards or messages. Reflect on the love and connection they represent.

**20**

Look up at the night sky. Notice the quietness. See if you can spot any stars or constellations.

**21**

As winter officially begins, reflect on the cycle of the seasons and what winter means to you.

**22**

Notice any ornaments you have. Take time to appreciate each one's design and significance.

**23**

Take a moment to feel gratitude for someone in your life. Send them a thoughtful message if you feel inspired.

**24**

Reflect on the gifts that can't be wrapped: health, love, peace. What intangible gifts are you most grateful for?

**25** MERRY XMAS

Observe today with presence and gratitude. Notice any small moments of joy, laughter, and togetherness.

**26**

Take a mindful walk outside, noticing the natural world in winter. Observe its beauty and stillness.

**27**

Reflect on the year gone by. What moments brought you joy, peace, or growth?  
**PRACTICE DAY**

**28**

Notice any leftover decorations or gifts. Think about what makes them meaningful to you.

**29**

Bring your focus to your senses today. Notice the taste of food, the sound of voices, the warmth of blankets.