

# Adult Mini Advent Calendar

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## What is your holiday story?

"I like to compare the holiday season with the way a child listens to a favorite story. The pleasure is in the familiar way the story begins, the anticipation of familiar turns it takes, the familiar moments of suspense, and the familiar climax and ending." - Fred Rogers

Repeat this mantra 5 times:  
I AM enjoying the season.  
(And repeat it whenever you feel overwhelmed).

Meditate. Take 10 minutes to sit in stillness. Breathe. Let go of all holiday expectations.

Stop right now. Write down one thing that brings you joy about the holidays.

List the traditions that you LOVE.

Write a ONE WORD intention/theme for the upcoming year.

Reflect on this past year. What were some of the highlights? Challenges? Moments of growth?

How do you see yourself right now? Who do you want to be at this time next year?

How can I find peace right now?

What act of generosity can you do right now?

What is your favourite holiday memory from your childhood?

Write a message to your inner child to give them permission to do things like watch a holiday movie with hot cocoa or catch snowflakes on the tip of your tongue or belt out a favourite holiday song. (And then go do it.)

Make a list of all the people in your life who you would love to individually thank for their part in your story over this past year. Let them know how much you appreciate them or just send them love and blessings.

Write a message of gratitude and forgiveness for 2015. Let go all the regrets and be grateful for all the blessings the year has brought you.

How can you take care of yourself through all the busyness of December?

During every get-together and event this month, can you slow down and pay attention? Can you remain in the moment and surrender to it?

"As we struggle with shopping lists and invitations, compounded by December's bad weather, it is good to be reminded that there are people in our lives who are worth this aggravation, and people to whom we are worth the same." - Donald E. Westlake

"Blessed is the season which engages the whole world in a conspiracy of love." - Hamilton Wright Mabie

"Every piece of the universe, even the tiniest little snow crystal, matters somehow. I have a place in the pattern, and so do you. Thinking of you this holiday season!" - T.A. Barron

"New Year's Day is every man's birthday." - Charles Lamb

"The joy of brightening other lives, bearing each others' burdens, easing others' loads and supplanting empty hearts and lives with generous gifts becomes for us the magic of the holidays." - W. C. Jones

"The holiest of holidays are those kept by ourselves in silence and apart; The secret anniversaries of the heart." - Henry Wadsworth Longfellow

"It is tenderness for the past, courage for the present, hope for the future. It is a fervent wish that every cup may overflow with blessings rich and eternal, and that every path may lead to peace." - Agnes M. Pharo

"Love the giver more than the gift."  
- Brigham Young

"To many people holidays are not voyages of discovery, but a ritual of reassurance." - Philip Andrew Adams

"In times of stress, the best thing we can do for each other is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers."  
- Fred Rogers, The World According to Mister Rogers: Important Things to Remember

Take a quiet moment. Breathe. It is in this moment that you will find what you are looking for.