



December
Warm Up
The Winter

Family Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Write down why love is a great character strength
2 Smile as often as possible	3 Drink at least two liters of water today	4 Exercise Together	5 Watch your favorite family movie together	6 Take some slow deep breaths	7 Introduce the family to a new recipe	8 Create a family hobby
9 Write a nice note to your best friend	10 Try yoga for the first time	11 Watch a comedy movie with the family	12 Do something creative	13 Do a mindful family meditation	14 Start a daily family gratitude journal	15 Go for a family walk (no phones)
16 Listen to happy music together	17 Dance together	18 Have a family game night	19 Tell family members what you love about them	20 Eat a healthy meal together	21 Repeat positive affirmations throughout the day	22 Make a batch of holiday treats together
23 Go to the family's favorite restaurant	24 Read a book out loud to the family	25 Say "I love you" to your family	26 Write some favorite things about yourselves	27 Write down realistic expectations for the family	28 Role play skills of stopping, thinking, and not reacting	29 Create a story that each person adds to
30 Do an act of kindness as a family	31 Resolve to be mindful					

