DECEMBER 1–24, 2026

Self-Care Advent Calendar

One small, kind thing for yourself every day

1 ○ Drink a big glass of water first thing	**2** ○ Take a 15-minute walk outside	**3** ○ Write three things you're grateful for	**4** ○ Go to bed 30 minutes earlier
5 ○ Make your favourite warm drink slowly	**6** ○ Declutter one small drawer	**7** ○ Text someone you miss	**8** ○ Stretch for ten minutes
9 ○ Read a chapter of a book	**10** ○ Light a candle and breathe deeply	**11** ○ Say no to one thing	**12** ○ Unfollow accounts that drain you
13 ○ Cook a nourishing meal	**14** ○ Listen to a whole album	**15** ○ Take a phone-free hour	**16** ○ Write a kind note to yourself
17 ○ Have a bath or long shower	**18** ○ Watch a comfort film	**19** ○ Tidy your bedside table	**20** ○ Spend time in sunlight
21 ○ Journal about your best 2026 memory	**22** ○ Do something creative for fun	**23** ○ Plan one rest day for next week	**24** ○ Rest. You made it.

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Daily Prompt Cards 1–12 • cut out, fold & pop into envelopes or a jar

1

Drink a big glass of water first thing

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Light a candle and breathe deeply

11

Say no to one thing

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Unfollow accounts that drain you

Daily Prompt Tags 13–24 • round gift-tag style

Dec 13

Cook a nourishing meal

Dec 14

Listen to a whole album

Dec 15

Take a phone-free hour

Dec 16

Write a kind note to yourself

Dec 17

Have a bath or long shower

Dec 18

Watch a comfort film

Dec 19

Tidy your bedside table

Dec 20

Spend time in sunlight

Dec 21

Journal about your best 2026 memory

Dec 22

Do something creative for fun

Dec 23

Plan one rest day for next week

Dec 24

Rest. You made it.

END OF ADVENT

Reflection & Mood Tracker

Colour a circle each day, then look back on your month

Calm Happy Tired Stressed Grateful

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24

The day I felt best was...

A self-care habit I'll keep in 2027...

Something I'm proud of...

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