

I NEVER LET
FEAR KEEP ME
FROM MY
TRUTH

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DECEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 GRATITUDE Be present in the moment!	2 GOAL-SETTING List 2 goals you want to accomplish this month	3 GRIT Get your head in the game!	4 GRATITUDE Volunteer or do a good deed
5 GOAL-SETTING Share the joy of accomplishing a goal	6 GRIT Remind yourself that you can do anything with faith and focus!	7 GRATITUDE Give yourself a foot massage	8 GOAL-SETTING Read and share an article about preparing for the New Year	9 GRIT Build on your knowledge by learning something new	10 GRATITUDE Avoid complaining all day	11 GOAL-SETTING Take action towards one of your 2021 GOALS
12 GRIT Do something you enjoy doing, and do it well!	13 GRATITUDE Help someone to see things on the bright side	14 GOAL-SETTING Write a 'not-to-do' list for 2022	15 GRIT List 3 things you have control over to make today great	16 GRATITUDE Compliment a stranger	17 GOAL-SETTING List 3 things you will accomplish <u>today</u> - no excuses!	18 GRIT List 3 things about yourself you want to work on in the new year
19 GRATITUDE Take 10 deep breaths	20 GOAL-SETTING Take action towards one of your 2021 GOALS	21 GRIT Recite your success mantra	22 GRATITUDE Create a list of 7 positive affirmations for yourself	23 GOAL-SETTING Practice visualization by focusing for 10 minutes on a vision for your future	24 GRIT Take a power nap	25 GRATITUDE Express gratitude for your life!
26 GOAL-SETTING Create a vision board for the new year	27 GRIT Identify 3 things you've done to better yourself this year	28 GRATITUDE Reflect on special moments that happened in 2021	29 GOAL-SETTING Identify 5 things you accomplished this year that you are proud of!	30 GRIT Remain faithful in the face of uncertainty	31 GRATITUDE Celebrate the gift of a new year!	