

Have the Spirit of Elf This Month! Look at December through the eyes of a child!



7 Give someone a hug today! DOES SOMEBODY NEED A HUG

1 Call in sick to work or life. Play hooky! Take a mental health day. Stay in your jammies, make some soup, and watch ELF!!

2 Set an intention to be a kid again in December!

3 Go to a \$1 store, buy 12 little gifts for yourself along with some fun wrapping paper. Wrap them and hide them in a closet until the 24th!

4 Buy a stocking! Decorate it for yourself and hang it in a fun location. (Or if you still have it, hang your stocking from your childhood.)

5 Write a letter to Santa! What is it you really want? Actually MAIL it tomorrow!

6 Repeat to yourself 3 times: Today I will have the fun spirit of Buddy the Elf!

8 Make pancakes for dinner! Use lots and lots of syrup!

9 Dress up like an elf today!

10 Wear two different colored and mismatched socks today!

11 THE BEST WAY TO SPREAD CHRISTMAS CHEER IS SINGING LOUD FOR ALL TO HEAR. Sing out loud today!

12 Buy an Etch A Sketch and create fun designs!

13 Have a slumber Party!

14 Light candles tonight and look at them as a child would. Think of a way to light up someone's life.

15 Buy 3 toys you loved as a child. Wrap 2 of them and give to someone in need. Keep the 3rd for yourself!

16 Go get the World's Best Cup of Coffee! Buy one for a friend!

17 Have a Holiday Cookie Baking Party! Or just eat a whole roll of Tollhouse Cookie Dough as fast as you can!

18 Make some paper snowflakes and hang them from the ceiling!

19 It's a New Moon. Tonight, watch the stars come out and shout like buddy: "I'm in LOVE, I'm in LOVE." Or better yet, shout: "I'm LOVED!"

20 Be someone's Secret Santa today and do something nice for someone! "There's room for everyone on the nice list!"

21 Buy some fun & comfy slippers!

22 Smile at everyone today! I JUST LIKE TO SMILE. SMILING'S MY FAVORITE!

23 "You have such a pretty face! You should be on a Christmas card!" Today, look in the mirror and say...

24 Put those gifts you wrapped on December 3 in your stocking. Then read The Night Before Christmas!

25 When you wake up, pretend you are a 6-year-old all day!

26 Do a random act of kindness today in the elfish spirit of unity & love!

27 Eat something from the 4 food groups today. CANDY CANDY CANES CANDY CORN SYRUP

28 Be authentic today! DO NOT SIT ON A THRONE OF LIES!

29 How often did you dance in 2025? Set a dancing intention for 2026!

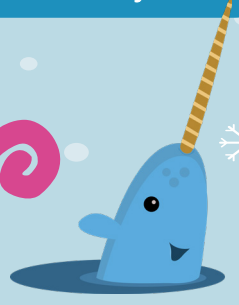
30 Write down 3 things you'd like to do in 2026 to help you be that adorable badass you want to be! (That you already are!)

31 Set a playful intention for 2026. Repeat to yourself 3 times: I'm going to try and treat every day like a holiday!



SANTA! OMG! I KNOW HIM! I KNOW HIM!

# 2025 December



And always remember: it's okay to be a little naughty every now and then!



Camp Atta Girl! the Happiness element

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