



## Attuned Advent Calendar

**Happy Christmas**

Date	An Advent Action	An Advent Thought
1	Try to do one thing better than you've ever done it before.	The best preparation for tomorrow is doing your best today. <i>H Jackson Brown Junior</i>
2	Do something for someone that will make them feel good.	People will forget what you said, people will forget what you did, but people will remember how you made them feel. <i>Maya Angelou</i>
3	Give away a smile to someone who needs it.	Be the reason someone smiles today
4	Determine to go one day without a negative word.	Beautiful things happen when you distance yourself from negativity.
5	Spend five minutes stilling your mind.	A quiet mind is able to hear intuition over fear.
6	Make a decision to try something new, a new hobby or challenge for example.	Every accomplishment starts with the decision to try.
7	Do something today that is worth remembering.	You will never have this day again so make it count.
8	Set a new goal or dream a new dream.	You are never too old to set another goal or dream new dream. <i>C.S Lewis</i>
9	Do something that you've been putting off.	The best way to get things done is simply to begin.
10	Be kind to at least 1 person.	Kindness is free, sprinkle that stuff everywhere.
11	Share part of your story with someone.	Don't be ashamed of your story - it will inspire others



12	Don't let negative thoughts dwell in your mind.	A negative mind will never give you a positive life
14	Find something to laugh about - hopefully it will be contagious.	Here is nothing in the world so irresistibly contagious as laughter and good humour. <i>Charles Dickens</i>
15	Do something kind for YOU.	Be Kind to yourself. You are amazing you are good enough you are worth it.
16	Do one thing that will take you nearer to the future you dream about.	The most reliable way to predict the future is to create it.
17	Write down 5 things you feel grateful for	The real gift of gratitude is that the more grateful you are, the more present you become. <i>Robert Holden</i>
18	Let go of worrying about things you can't change.	Worrying won't stop bad stuff from happening, it just stops you enjoying the good.
19	Pick one thing you do frequently and do it differently!	You can't expect to see change if you never do anything differently. <i>Meg Biram</i>
20	Do something just for fun - PLAY.	Play is the highest form of research. <i>Albert Einstein</i>
21	Spend time with children, - your own OR your nephews nieces, friend's children, grandchildren neighbours children.	Spending time with children is more important than spending money on children. <i>Anthony Douglas Williams</i>
22	Do something practical to help someone.	You don't need a reason to help people. (But it is nearly Christmas) <i>Charles Dickens</i>
23	Imagine your dream Christmas - make sure some parts of it become a reality.	Imagination creates reality Richard Wagner
23	Enjoy the little moments.	Today's little moments become tomorrows treasured memories.
24	Decide to have a good time and enjoy the celebrations.	Don't ever let your mind stop you from having a good time. <i>Jason Mraz</i>

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