

DECEMBER 2025

Daily acts of self-love



Practising self-kindness, gratitude and mindfulness are all ways to show yourself love and be present in the moment. They boost your mental health and wellbeing too. Ready for a challenge? Here's a self-love suggestion for every day this month.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Think of something good that happened yesterday.	2 Take a break from screens for at least 30 minutes.	3 Close your eyes and focus only on the sounds around you.	4 Do something you enjoy.	5 Reflect on a recent mistake and what it taught you.	6 Breathe deeply 10 times.
7 Talk to someone who brings you joy.	8 Go to bed early or let yourself sleep in.	9 Name 3 things you like about yourself.	10 Let go of something that gives you stress.	11 Remember a challenge you overcame.	12 List 3 things you're grateful for.	13 Go for a walk and notice what you see, hear and smell.
14 Eat something slowly and savour every bite.	15 Tell someone why they matter to you.	16 Treat yourself to something special.	17 Reframe a negative thought to be more positive.	18 Think of times you felt proud or confident.	19 Look at something you find beautiful.	20 Move your body in a way you enjoy.
21 Break a goal you have into achievable steps.	22 Forgive yourself for a past mistake.	23 Celebrate a recent success.	24 Sit quietly and let your mind wander.	25 Let go of something you can't control.	26 List 3 things that give you purpose.	27 Look at a photo of yourself that makes you smile.
28 Get a good night's sleep.	29 Practise listening more and talking less.	30 Give yourself a hug.	31 Reward yourself for completing this self-love journey.			