

DECEMBER 2019

A Touch Of Magic Action Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

30

Ask for and allow yourself to receive love

31

Make a list of your accomplishments this year



"Nurturing yourself is not selfish - it's essential to your survival and your well-being."

~ Renee Peterson Trudeau

1

Self-care day: Pamper yourself silly!

2

Give yourself permission to say no

3

Keep hydrated - drink lots of water

4

Journal - "I am worthy because..."

5

Give your plants some loving today

6

Call your mother or a mother figure in your life

7

Make a vision board

8

Tell a loved one all the reasons you believe in them

9

Tell yourself all the reasons you believe in you

10

Draw/color/paint, create some art

11

Get to know the Goddess Selene this full moon

12

Commit to improving one thing about your health

13

Cook dinner with your family as a family

14

Make a list of 25 self-care acts

15

Do one thing on your self-care list

16

Allow someone else to call the shots today

17

Treat your inner child to something frivolous

18

Give encouraging words to 5 people today

19

Write a loving letter to yourself as a child

20

Take a nice long relaxing bath

21

Cuddle a fur baby or a loved one today

22

Take care of chores around the house

23

Watch an empowering TED Talk today

24

Send healing vibes to those who need it

25

Make wishes for your loved ones today

26

Spend quality time with your loved ones

27

Allocate one full day just for yourself

28

Start your day with a healthy, filling breakfast

29

Do one thing to brighten your home

A little bit of magic every day goes a long way. Find out more at www.mynasmoon.com/atouchofmagic