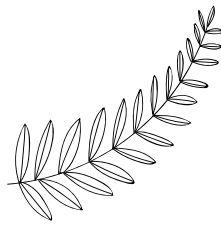
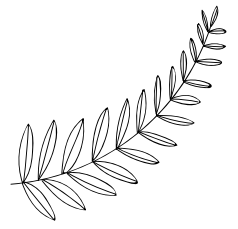


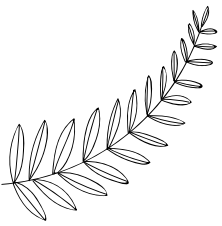
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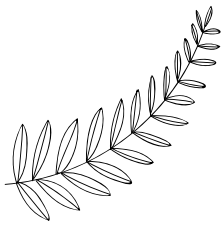
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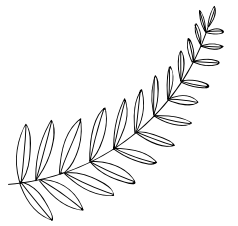
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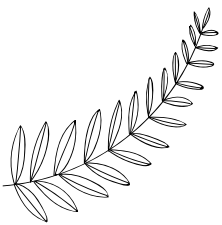
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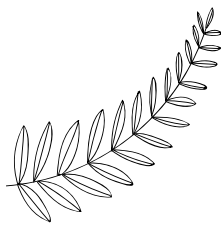
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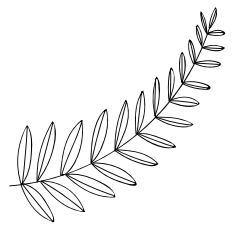
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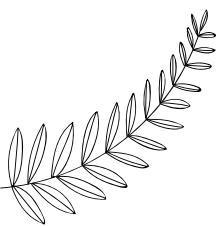
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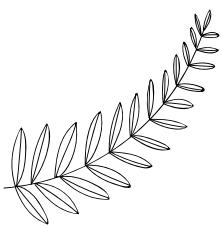
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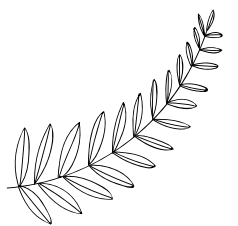
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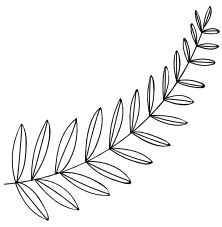
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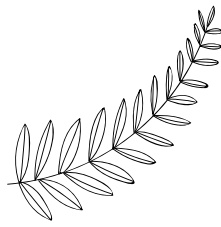
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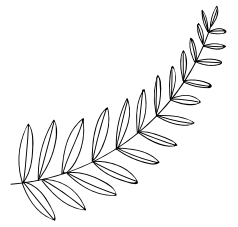
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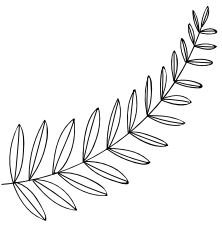
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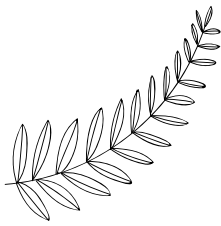
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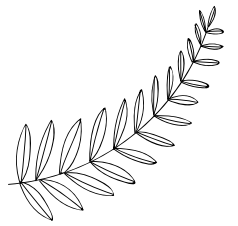
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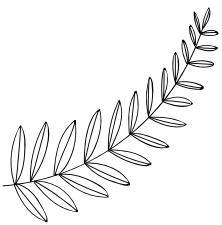
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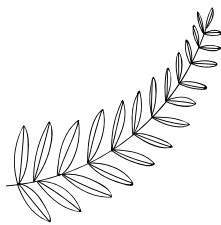
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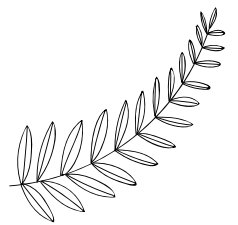
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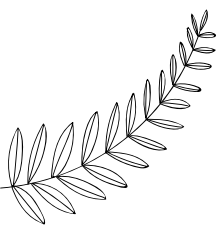
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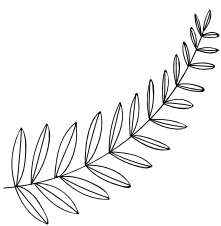
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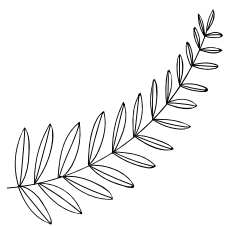
Einundzwanzig



Zweiundzwanzig



Dreiundzwanzig



Vierundzwanzig



1

Take a nature walk and gather some foliage to display in a jug or vase at home.



2

Enjoy a cup of real cocoa. Gently heat 1 tsp of raw cacao powder with your milk of choice in a saucepan. Add 1 tsp of honey and a pinch of cinnamon, then get comfy and sip slowly.



3

On a scrap of paper, write down three things you are grateful for today. Take a few minutes to enjoy these moments.



4

Write down three qualities you admire in a loved one – then tell them!



5

Write down three qualities you love about yourself – then say them out loud.



6

Take 2 minutes to write down exactly what you can see outside of your window, simply noticing the details, without judgement.



7

Phone a friend you haven't seen for a while and have a proper catch up.



8

Bake a cake or biscuits to share with family, friends or colleagues. Prepare your ingredients mindfully, be present as you weigh, whisk or stir. Engage your senses and enjoy the warmth and comfort as your cake bakes. Take a moment to enjoy the pleasure you bring to others when you share your cake.



9

Run a bath, light a scented candle and take time to relax for a few moments.



10

On a scrap of paper, write down something about your day that has made you smile. Look for the joy to be found in the little things.



11

Make yourself a cup of your favourite herbal tea and give yourself permission to pause for a few moments. Sit and enjoy drinking your whole cup without doing anything else.



12

Take a scrap of paper and a pen and draw a doodle. Don't think about it, just draw whatever you feel and enjoy being present, in the moment.



13

Step outside (whatever the weather!) and spend a few moments looking at the sky. Breathe deeply and notice the clouds, colours and movement. Notice the feeling of the wind, rain or sunshine on your face, the sounds and the scents.



14

Relax with a chocolate meditation. As you unwrap your chocolate, consider where the cacao was grown and how it was prepared; notice the scent before you slowly eat a piece, savouring the taste and texture.



15

Tap into your creativity by creating a sheet of wrapping paper using whatever materials you have to hand – paint, ink, pens, crayons. Use your intuition and let the design flow. Don't judge your creation, simply allow yourself to enjoy the process.



16

Take 2 minutes and write down three (or more) skills you have learnt. Cooking, drawing, driving, knitting, writing, a new yoga pose... Spend a moment considering the amazing skills that you have to offer.



17

Take two minutes and write down three of your greatest strengths. Don't be modest, give yourself credit for the amazing person you are.



18

Choose a natural object from within your immediate environment and look at it for a minute or two. This could be a leaf or an insect, or even the clouds or the moon. Spend some time observing this object as though it is the first time you've seen it.



19

Choose a song, album or playlist that reminds you of something special and listen to it all the way through, noticing your feelings and emotions as you do.



20

Take a piece of card or a post-it note and write 3 things that make you happy. Doodle a border, pattern, flowers, whatever flows naturally. Pin up your note in your home and take a moment to notice those happy thoughts each time you pass it.



21

Make a glass of mulled wine, noticing the scents of orange zest, cinnamon and spice before you sit and sip your drink slowly.



22

Play a board game (or charades!) with family or friends and enjoy connecting.



23

Take time out to go for a short walk. Head to your nearest village or town to admire the festive lights, or, if you live in the countryside, spend time in nature noticing the colours, scents and sounds around you.



24

Take 2 minutes to write down three things you are grateful for. Use this time to pause, breathe and recentre. Give yourself a few moments to enjoy your gratitude.