

SUN	MON	TUE	WED	THU	FRI	SAT
				01 • Deck the halls (aka your home!) • •	02 • • •	03 • Listen to our HAF Holiday Playlist • •
04 • Go for a family walk outside • •	05 • • •	06 • • •	07 • Work on your holiday gifting list • •	08 • • •	09 • Whip up a festive holiday cocktail • •	10 • • •
11 • • •	12 • Call a friend or family member • •	13 • • •	14 • Make a cozy soup for dinner • •	15 • • •	16 • • •	17 • Make treats for the neighbors • •
18 • Finish up your holiday shopping • •	19 • • •	20 • Curl up with a good book • •	21 • • •	22 • Have a hot cocoa and movie night • •	23 • • •	24 • • •
25 • Merry Christmas! • •	26 • Savor a slow morning at home • •	27 • • •	28 • • •	29 • • •	30 • • •	31 • Write down your goals for 2023 • •

DECEMBER 2022