RISE TO THE CHALLENGE

GIVE YOURSELF THE GIFT OF SELF-CARE



Make time for yourself this holiday season! Discover simple ways to enjoy the season, ease holiday stress, and make self-care part of your routine.

YOUR CHALLENGE AT A GLANCE

- **Choose your activities.** Complete activities that fit your needs and schedule. Activities can be repeated on different days.
- **Track your points.** Check off each activity you complete and add up your points.
- **Try the weekly bonuses.** Complete optional bonus activities for additional points.
- **Record your weekly total**. Add up your points at the end of each week and record your total.
- **Reach 100 points**. Combine your totals from all three weeks to see your final total.

WEEK 1

NOVEMBER 23 - 30

UNWRAP A LITTLE ME TIME

Make time for yourself during the holiday season.

TOTAL POINTS

WEEK 2

DECEMBER 1 - 6

PAUSE THE HOLIDAY HUSTLE

Step back from seasonal demands and reduce stress.

TOTAL POINTS

WEEK 3

DECEMBER 7 - 13

SAVOR THE SEASON

Enjoy the little things that make the season special.

TOTAL POINTS

TOTAL CHALLENGE POINTS

Add up your challenge points from all three weeks to see your final total.

TOTAL POINTS

/100

WEEK 1: NOVEMBER 23-29

Unwrap a Little Me Time

Make time for yourself during the holiday season.

WEEK 1 TOTAL POINTS

DAILY SELF-CARE ACTIVITIES — 5 POINTS EACH	M 23	T 24	W 25	T 26	F 27	S 28	S 29
Take a 20-minute walk	☐	☐	☐	☐	☐	☐	☐
Take a screen-free break for at least 10 minutes	☐	☐	☐	☐	☐	☐	☐
Enjoy a quiet moment with your favorite drink	☐	☐	☐	☐	☐	☐	☐
Do something just for fun	☐	☐	☐	☐	☐	☐	☐
Step outside for fresh air	☐	☐	☐	☐	☐	☐	☐
Listen to your favorite music or podcast	☐	☐	☐	☐	☐	☐	☐
Call or connect with someone you care about	☐	☐	☐	☐	☐	☐	☐
Practice mindfulness, meditation, or deep breathing	☐	☐	☐	☐	☐	☐	☐
Stretch or do gentle yoga for 10 minutes	☐	☐	☐	☐	☐	☐	☐
Complete 20 minutes of physical activity you enjoy	☐	☐	☐	☐	☐	☐	☐
Spend time on a hobby you enjoy	☐	☐	☐	☐	☐	☐	☐
Take one nonessential task off your to-do list	☐	☐	☐	☐	☐	☐	☐
Enjoy a slow, unrushed morning or evening	☐	☐	☐	☐	☐	☐	☐
Watch something that makes you laugh	☐	☐	☐	☐	☐	☐	☐
Notice and appreciate one good moment from your day	☐	☐	☐	☐	☐	☐	☐
Say no to something that would stretch you too thin	☐	☐	☐	☐	☐	☐	☐
Set aside time on your calendar for yourself	☐	☐	☐	☐	☐	☐	☐
Drink an extra glass of water	☐	☐	☐	☐	☐	☐	☐
Prepare a meal or snack you enjoy	☐	☐	☐	☐	☐	☐	☐
Eat one meal without screens or distractions	☐	☐	☐	☐	☐	☐	☐
Add a fruit or vegetable to your day	☐	☐	☐	☐	☐	☐	☐
Spend quality time with a loved one without distractions	☐	☐	☐	☐	☐	☐	☐
Do one small thing you've been looking forward to	☐	☐	☐	☐	☐	☐	☐
Take a break from work or household tasks to do something you enjoy	☐	☐	☐	☐	☐	☐	☐
Choose your own self-care activity	☐	☐	☐	☐	☐	☐	☐
DAILY POINT TOTAL	___	___	___	___	___	___	___

WEEKLY BONUS ACTIVITIES

10 POINTS EACH

☐ **Enjoy a Solo Outing**
Make time for an activity on your own, such as enjoying a peaceful spot or visiting a favorite shop.

☐ **Make a Wish List**
Write down three things you'd like to do for yourself this season.

☐ **Create Your Holiday Comfort Kit**
Gather a few things that help you unwind, such as a book, playlist, tea, puzzle, cozy blanket, or favorite activity.

WEEK 2: NOVEMBER 30 - DECEMBER 6

Pause the Holiday Hustle

Step back from seasonal demands and reduce stress.

WEEK 2 TOTAL POINTS

DAILY SELF-CARE ACTIVITIES (5 POINTS EACH)	M 30	T 01	W 02	T 03	F 04	S 05	S 06
Take a 20-minute walk	☐	☐	☐	☐	☐	☐	☐
Take a screen-free break for at least 10 minutes	☐	☐	☐	☐	☐	☐	☐
Enjoy a quiet moment with your favorite drink	☐	☐	☐	☐	☐	☐	☐
Do something just for fun	☐	☐	☐	☐	☐	☐	☐
Step outside for fresh air	☐	☐	☐	☐	☐	☐	☐
Listen to your favorite music or podcast	☐	☐	☐	☐	☐	☐	☐
Call or connect with someone you care about	☐	☐	☐	☐	☐	☐	☐
Practice mindfulness, meditation, or deep breathing	☐	☐	☐	☐	☐	☐	☐
Stretch or do gentle yoga for 10 minutes	☐	☐	☐	☐	☐	☐	☐
Complete 20 minutes of physical activity you enjoy	☐	☐	☐	☐	☐	☐	☐
Spend time on a hobby you enjoy	☐	☐	☐	☐	☐	☐	☐
Take one nonessential task off your to-do list	☐	☐	☐	☐	☐	☐	☐
Enjoy a slow, unrushed morning or evening	☐	☐	☐	☐	☐	☐	☐
Watch something that makes you laugh	☐	☐	☐	☐	☐	☐	☐
Notice and appreciate one good moment from your day	☐	☐	☐	☐	☐	☐	☐
Say no to something that would stretch you too thin	☐	☐	☐	☐	☐	☐	☐
Set aside time on your calendar for yourself	☐	☐	☐	☐	☐	☐	☐
Drink an extra glass of water	☐	☐	☐	☐	☐	☐	☐
Prepare a meal or snack you enjoy	☐	☐	☐	☐	☐	☐	☐
Eat one meal without screens or distractions	☐	☐	☐	☐	☐	☐	☐
Add a fruit or vegetable to your day	☐	☐	☐	☐	☐	☐	☐
Spend quality time with a loved one without distractions	☐	☐	☐	☐	☐	☐	☐
Do one small thing you've been looking forward to	☐	☐	☐	☐	☐	☐	☐
Take a break from work or household tasks to do something you enjoy	☐	☐	☐	☐	☐	☐	☐
Choose your own self-care activity	☐	☐	☐	☐	☐	☐	☐
DAILY POINT TOTAL	___	___	___	___	___	___	___

WEEKLY BONUS ACTIVITIES

10 POINTS EACH

☐ **Create a Holiday Shortcut**
Find one way to simplify your holiday preparations, such as choosing an easier meal, simplifying a tradition, or rethinking a task.

☐ **Take a Holiday Planning Pause**
Step away from holiday planning for at least 30 minutes and give yourself permission not to think about your to-do list.

WEEK 3: DECEMBER 7 - 13

Savor the Season

Enjoy the little things that make the season special.

WEEK 3 TOTAL POINTS

DAILY SELF-CARE ACTIVITIES — 5 POINTS EACH	M 07	T 08	W 09	T 10	F 11	S 12	S 13
Take a 20-minute walk	☐	☐	☐	☐	☐	☐	☐
Take a screen-free break for at least 10 minutes	☐	☐	☐	☐	☐	☐	☐
Enjoy a quiet moment with your favorite drink	☐	☐	☐	☐	☐	☐	☐
Do something just for fun	☐	☐	☐	☐	☐	☐	☐
Step outside for fresh air	☐	☐	☐	☐	☐	☐	☐
Listen to your favorite music or podcast	☐	☐	☐	☐	☐	☐	☐
Call or connect with someone you care about	☐	☐	☐	☐	☐	☐	☐
Practice mindfulness, meditation, or deep breathing	☐	☐	☐	☐	☐	☐	☐
Stretch or do gentle yoga for 10 minutes	☐	☐	☐	☐	☐	☐	☐
Complete 20 minutes of physical activity you enjoy	☐	☐	☐	☐	☐	☐	☐
Spend time on a hobby you enjoy	☐	☐	☐	☐	☐	☐	☐
Take one nonessential task off your to-do list	☐	☐	☐	☐	☐	☐	☐
Enjoy a slow, unrushed morning or evening	☐	☐	☐	☐	☐	☐	☐
Watch something that makes you laugh	☐	☐	☐	☐	☐	☐	☐
Notice and appreciate one good moment from your day	☐	☐	☐	☐	☐	☐	☐
Say no to something that would stretch you too thin	☐	☐	☐	☐	☐	☐	☐
Set aside time on your calendar for yourself	☐	☐	☐	☐	☐	☐	☐
Drink an extra glass of water	☐	☐	☐	☐	☐	☐	☐
Prepare a meal or snack you enjoy	☐	☐	☐	☐	☐	☐	☐
Eat one meal without screens or distractions	☐	☐	☐	☐	☐	☐	☐
Add a fruit or vegetable to your day	☐	☐	☐	☐	☐	☐	☐
Spend quality time with a loved one without distractions	☐	☐	☐	☐	☐	☐	☐
Do one small thing you've been looking forward to	☐	☐	☐	☐	☐	☐	☐
Take a break from work or household tasks to do something you enjoy	☐	☐	☐	☐	☐	☐	☐
Choose your own self-care activity	☐	☐	☐	☐	☐	☐	☐
DAILY POINT TOTAL	___	___	___	___	___	___	___

WEEKLY BONUS ACTIVITIES

10 POINTS EACH

☐ **Explore the Holiday Lights**
Take time to enjoy holiday decorations or lights in your neighborhood or another public space.

☐ **Make a Holiday Memory**
Try a seasonal activity you haven't done before or create a new tradition you can enjoy.