



December 2021

Inspiration Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>This month, we're toasting to loving ourselves and others! For an extra shot of holiday cheer, sign up for our newsletter by clicking here.</p>			1 Write down one goal for December. You got this!	2 Get those good vibes by giving to others.	3 Feel the holiday spirit with these 5 Christmas movies on Netflix.	4 Play around with some eco-friendly Christmas tree ideas.
5 Work on your wellness with the best new apps.	6 Get ready to take a career risk (the smart way).	7 Snatch up some cute, sustainable gifts for those babies on your list.	8 Check out a virtual art exhibit while you sip your morning latte.	9 Get some gift-giving inspo from these sustainable businesses.	10 Have a meaningful conversation (like they do at this online academy.)	11 Warm up with this roasted tomato soup ft. croutons & prosciutto.
12 For a cozy Sunday dinner, make these braised short ribs.	13 Overcome imposter syndrome & be your best, happiest self.	14 Put a smile on someone's face today by paying it forward.	15 Break free from burnout. Here are some tips.	16 #ThankfulThursday: 4 Things to Be Grateful For	17 Impress your guests with a fancy grazing board & other holiday treats.	18 Get lit like a Christmas tree with this Saskatoon berry bourbon sour.
19 Have a little fun learning about your aura & what its color means.	20 Treat yourself to a kombucha & read about this inspiring business.	21 1st Day of Winter #WinterSolstice	22 Educate yourself on issues affecting Indigenous peoples.	23 Thank someone you appreciate today.	24 Curl up & enjoy some NEW favorite Christmas movies.	25 Merry Christmas!
26 If you're Boxing Day shopping, try the Mindful Market.	27 Listen to a feel-good podcast.	28 Get your work-life balance in check with these helpful apps.	29 Support a sober friend.	30 Enjoy a steamy cup of hot chocolate with marshmallows.	31 Have a happy & safe New Year's Eve!	 mytoastlife.com