



ENJOY YOUR FREE ADVENT CALENDAR

How to Put Your Advent Calendar Together:

1. Print slide 2 one-sided on paper or card stock. This is the background for your calendar.
2. Print slide 3 and 4 double sided on one piece of paper or card stock.
3. Cut out the daily shapes and then arrange the pieces on your background. You can tape or glue the top of each piece and fold over for the message on each day of the month.

Alternatively, you could print 3 and 4 double sided, hang them on a string with a clip or tape and then remove one new circle each day.

Fonts:

Allura

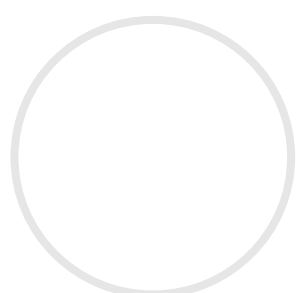
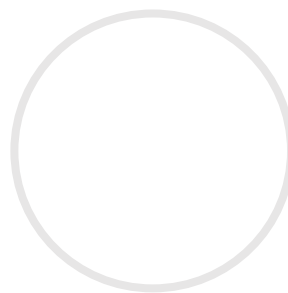
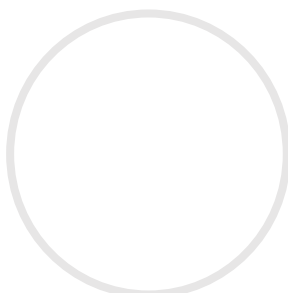
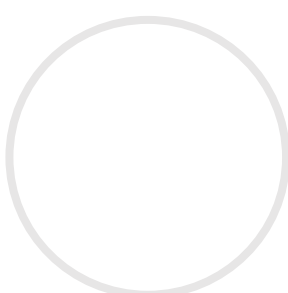
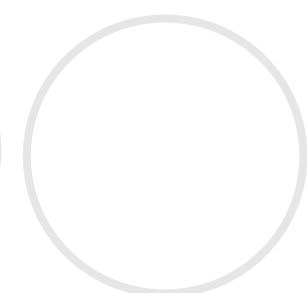
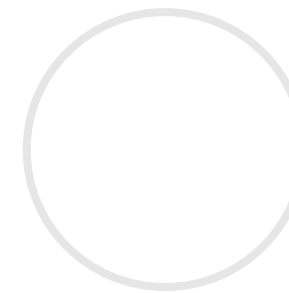
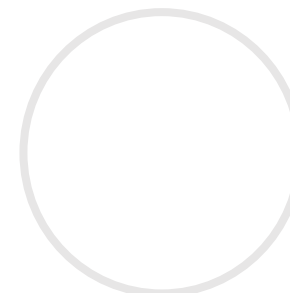
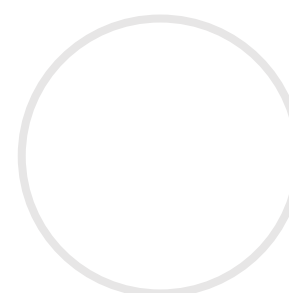
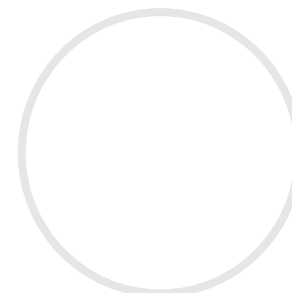
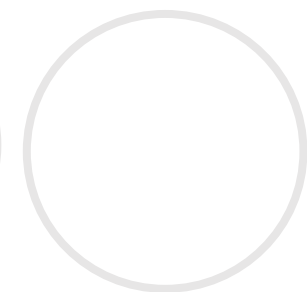
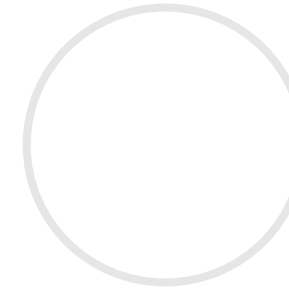
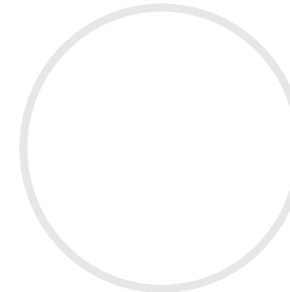
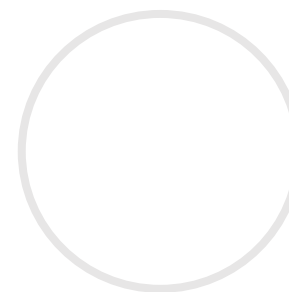
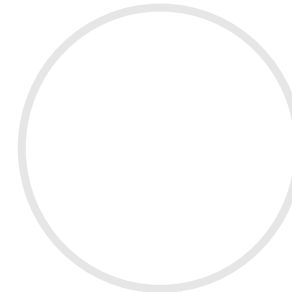
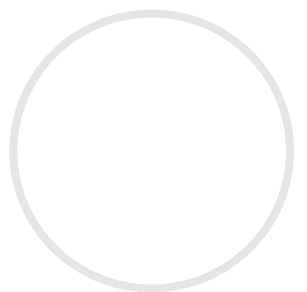
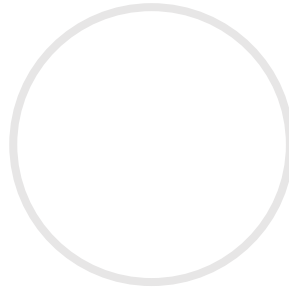
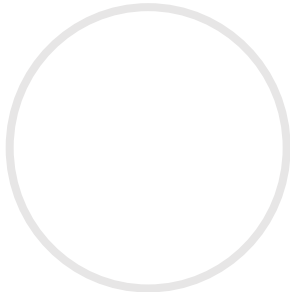
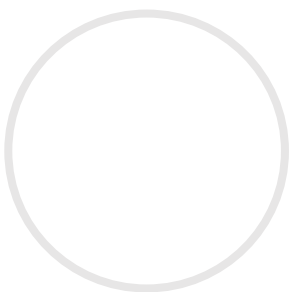
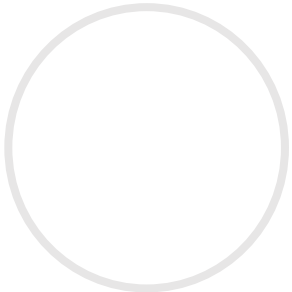
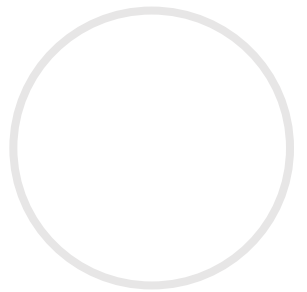
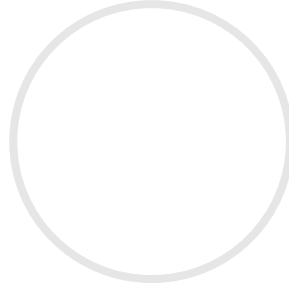
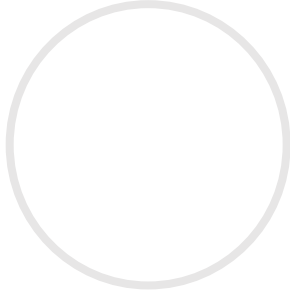
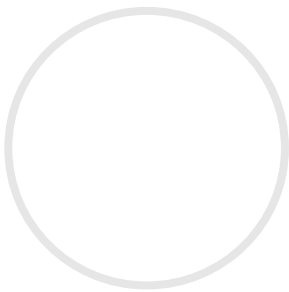
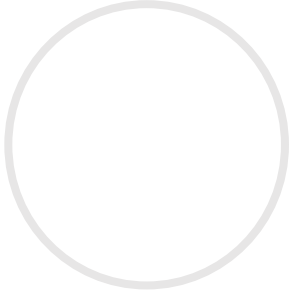
PWJoyeuxNoel

Compliments of www.ingodhealthcoach.com



Countdown

To Christmas



1 2 3 4 5

6 7 8 9 10

11 12 13 14 15

16 17 18 19 20

21 22 23 24

Donate to
the Food
Bank

Sing a Carol
as Loud as
You Can

Watch a
Christmas
Movie You've
Never Seen

Send a
Christmas Card
to Someone
Not Normally
on Your List

Wish a
Happy
Holiday to a
Random
Stranger

Bake and
Share
Some
Cookies

Share a
Christmas
Joke

Make a
Homemade
Decoration
for Your
Tree

Drop a
Treat off
for Your
Neighbor

Make a List
of 5 Things
You're
Grateful for

Take a Photo
by the Tree
and Send it to
a Loved One

Donate a
New Toy
to
Charity

Take Blankets
and Supplies to
an Animal
Shelter

Leave a
Treat for
the Mail
Carrier

Complimen
t a Stranger

Call or Text a
Friend
You Haven't
Talked to in a
While

Make a
Homemad
e Gift for
Someone

Tell
Someone
Why You
Like Them

Place an
uplifting
message on a
post it note in
a public place

Thank
someone for
something
they did for
you

Put a
Note in
Somebody's
Stocking

Ask a cashier
or server
how their
day is going

Send a Playlist
of Your Favorite
Christmas
Songs to a
Friend

Leave Treats
and a Special
Note for
Santa



I am passionate about helping you to become more knowledgeable about simple natural healthy habits that YOU can implement in Your life! I love to share insights, empower women and their families to feel and live their best life through plant-based, wholefood nutrition, essential oils, healing herbs, habits and remedies to reduce STRESS.

This checklist gives you an easy way to remember the most important things are to worry less and live a "stress-free" life.

Shirley

For other sources to relieve stress and find inner peace and calm, see below.

Don't Panic: Find Inner Peace and Calm

<https://innerpeacecalm.com/>

How to Outsmart Your Stress <https://anxietystressreduction.com/>

How to Eat to Relieve stress <https://howtoeatto relievestress.com/>

Optimize Your Self Talk <https://optimizeyourselftalk.com/>