

My More Mindful Christmas!

with The Fox Box

Focus on Kindness	Practice Gratitude	Enjoy the Moment	Keep it Simple
<i>Pick one thing you and your family will focus on this Dec that shows kindness. It can be one specific gift, or donation to charity, a list of 24 little things to do in the lead up Christmas, Archie Angel activity, or one extra chore/duty you each might do around the house. Keep is achievable, meaningful and fun.</i>	<i>Maybe it's looking at pictures from your year gone by, making a gratitude jar to put a list of things you're thankful for in, or just a simple "today I'm thankful for...." thought each day.</i>	<i>Write down a tradition that you want to share with your family this Christmas... and one little thing you're going to try to do to keep the calm and soak in all the joy: stopping and breathing daily, special Christmas story time, or a PJ day!</i>	<i>Here are your four or five (no more) main things you want out of this Christmas Season. If it doesn't fit into one of these, don't stress about it, say no. Make what matters to you count!</i>



