

December Creative Me Time Reminder

December 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

- #1 ~ Print this reminder to give yourself permission to enjoy some creative me time each day. (Even as little as 10 minutes can brighten your day!)
- #2 ~ Write the experience you chose and how it made you feel. (Examples: Coloring ~ Happy, Yoga. ~ Relaxed, Baking ~ Cozy, Singing ~ Joyful.)
- #3 ~ Give yourself gold stars for not waiting until January to show your creative spirit some love!!!