

DECEMBER

to-do list

Shut it Down

How long have you gone without looking at your phone? Studies suggest 72% of us check our phones more than once an hour. We all know we do it – we all talk about cutting back. And, we all know the benefits of shutting down. This holiday season – a time to be focused on our loved ones, find an extended period of time to shut your phone, computer, and tablet off and truly live in the moment.

Donate a Coat

About 15% of Americans living in poverty consider a warm winter coat as a budget “extra.” Most of us have an extra winter coat (or a few) from previous years. It doesn’t fit right, we never replaced a missing button, we like our new one better. Let’s warm up the world where we can and minimize our home’s clutter while we are at it.

Give a Gift of Meaning

Psychologists have proven it is the giver, not the receiver, who receives the biggest benefit from gift giving. Yet we create it into a stressed and often last minute experience. The week of Christmas (or a birthday or any gift-giving season) typically consists of people running around trying to grab a last minute gift. Not even a good gift... just a gift. When you consider the person you are giving a gift to, determine what would add meaning to their life. Giving a gift is an opportunity to think about your relationship with that person and reflect on our feelings for them. Make it a gift that adds meaning for you and them.

Reflect on Your Year

Find 30 minutes to reflect on this past year (maybe turn off your technology to do it?). The best way to get yourself ready for next year is to understand and make peace with this past year. What was your proudest moment of 2015? What are you disappointed in? What do you regret? Who did you connect with in the past year? What opportunities did you take full advantage of? What habits did you break or create? Looking for more questions to dive deeper?

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