

It's the
Most
Wonderful
Time
of the
Year!

Life Mastery Circle



Self Care

**Write down
your goal**

**Drink enough
water**

Eat sweets

**Go for a
long walk**

**Spend time
with loved
ones**

**Sleep for
8 hours**

**Meditate for
5 minutes**

**Create a
new playlist
of Xmas
songs**

**Cook your
favorite
meal**

**Try
something
new**

**watch a
Xmas
movie**

**Drink Hot
Chocolate**

**Walk in
nature**

**Start
journaling**

**Do a quick
workout**

**Create a
mood board**

“ Focus on the step
in front of you,
not the whole staircase. ”
Life Mastery Circle

To-Do List

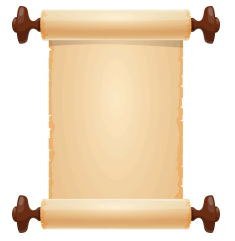
DATE:



NOTES:

Christmas List

checking it twice!



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NOTES:

Daily Planner

DATE:

SCHEDULE

06:00

07:00

08:00

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

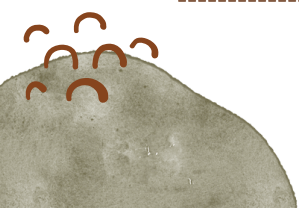
19:00

20:00

TO DO LIST



NOTES:



December 2025

MONTHLY PLANNER

SUN	MON	TUE	WED	THU	FRI	SAT
	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			

NOTES

To-Do List



DATE:



NOTES:

Christmas Meal Plan



Breakfast

Steps

-
-
-
-

Lunch

Steps

-
-
-
-

Dinner

Steps

-
-
-
-

Notes

New Year's Eve Meal Plan



Breakfast

Steps

-
-
-
-

Lunch

Steps

-
-
-
-

Dinner

Steps

-
-
-
-

Notes