



GBS HEALTH & WELLNESS

Purposeful Presence

This year we have focused on the concept of intentional living- the idea of enhancing your life by living with purpose and deliberation. As the year ends, tune in to your daily decisions and evaluate whether they are enhancing the quality of your life. The sum of these choices shapes the bigger picture of your life. Review this month's resources to learn how to enjoy the holidays by practicing purposeful presence.

As we look towards the beginning of 2024, consider how you will transition your intentions and values into the new year. Our 2024 theme is **A Year of Celebration**, where we will dive into the meaning and value behind a variety of national observances. We hope this theme adds perspective and knowledge as we continue to strive to build a lifestyle of happiness and health.

Make Sure You Have Everything You Need

Take a minute to watch a quick video outlining this month's resources.

Watch Now 

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2023 December Healthy Habits

DECEMBER 2023

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December Mini Challenge

Start by completing the following activities.

December 11th

Spread holiday cheer by completing two acts of kindness today.

December 12th

Reflect on your day with gratitude. Recognize 3 positive things that happened today.

December 13th

Take a few deep, cleansing breaths when you wake up. Avoid your phone for the first 30 minutes of your day.

December 14th

Take a look at the [Have a Hygge Holiday Wildcard Challenge](#) and complete one of the listed activities.

December 15th

Make time for a self-care activity after work today.

Movement of the Month

Add push-ups into your daily routine! Start with 20 pushups, all at once or splitting it up throughout the day. Increase that number by 5-10 each week throughout the month of December.