

# December 18

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The year is coming to an end! Now is the time to start preparing for the new year. Don't wait until January to get your game plan together. December's Challenge is to perform 1 small action everyday this month to prepare you for the new year. Uplift those around you by getting your family, friends, and co-workers involved. Share your excitement and enjoyment with posts on Facebook, Instagram and Twitter with the hashtags <b>#sarahnsays</b> and <b>#ccdec18</b>.                      Visit <a href="http://sarahnsays.com">sarahnsays.com</a> to subscribe to future calendars. </p>						<p><b>1</b> Spend time with people you love</p>
<p><b>2</b> Prepare to receive all the blessings in 2019</p>	<p><b>3</b> Choose 1 healthy habit you want to pick up in 2019</p>	<p><b>4</b> Say 'no' to something you would usually say yes to</p>	<p><b>5</b> Read and share an article about preparing for the New Year</p>	<p><b>6</b> Engage in a conversation about your plans for 2019</p>	<p><b>7</b> Catch up with a friend you haven't spoken to in a while</p>	<p><b>8</b> Donate clothes in your closet</p>
<p><b>9</b> Create a list of 3 goals you will accomplish in January 2019</p>	<p><b>10</b> Choose 1 unhealthy habit you want to drop in 2019</p>	<p><b>11</b> Spend some time cleaning out your inbox</p>	<p><b>12</b> Come up with some action words for the new year</p>	<p><b>13</b> Get rid of something tangible you have no use for</p>	<p><b>14</b> Complete something you've started</p>	<p><b>15</b> Create a list of 3 big goals you will accomplish in 2019</p>
<p><b>16</b> Do something you've been putting off</p>	<p><b>17</b> Own Your Greatness!</p>	<p><b>18</b> Create a morning or night routine to kick off the new year</p>	<p><b>19</b> Take some time to focus on your breathing</p>	<p><b>20</b> De-clutter a corner in your room</p>	<p><b>21</b> Attend a holiday related event</p>	<p><b>22</b> Reflect on special moments that happened in 2018</p>
<p><b>23</b> Write a not-to-do list for 2019                      meditate on the new year  <b>30</b></p>	<p><b>24</b> Have the best attitude you can today                      Celebrate the gift of a new year  <b>31</b></p>	<p><b>25</b> Express Gratitude!</p>	<p><b>26</b> Put your game face on for the new year</p>	<p><b>27</b> Let go of something you've been holding onto</p>	<p><b>28</b> Create a personal mission statement or mantra for 2019</p>	<p><b>29</b> Create a small vision board for the new year</p>

