

# DECEMBER

*Let life surprise you*



## Spiritual Nourishment

Take time every day to find spiritual inspiration whether through meditation, a quiet walk in the woods, artistic expression or journaling. Positive changes can result when we:


- Learn to let go of things that are upsetting and beyond our control.
- Are more open to guidance. Accept help from other trusted sources by releasing the need to control.
- Cultivate a positive attitude by turning over painful or frustrating feelings to something outside of oneself that inspires us to live better.

### SELF-CARE

Have the compassion to be kind to yourself and the courage not to be perfect.



**CHALLENGE: SET ASIDE TIME EVERY DAY FOR SPIRITUAL EXERCISE.**  
Use the box in the daily grid below to mark an "X" if you met your daily goal.

Sun	Mon	Tue	Wed	Thu	Fri	Sat																																																	
<p>November 2021</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>TH</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td></td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	TH	F	S	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					 <p><b>MINI STUFFED PEPPERS</b> 16 miniature sweet peppers, halved lengthwise 12 oz. herb seasoned goat cheese 1 tbsp. honey Preheat oven to 400°F. Lay peppers cut side up on a baking sheet. Spoon the cheese into the center of each. Lightly drizzle with honey and bake for 10 minutes.</p>	1	2	3	4								
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