



# December Self-Care Challenge 2024

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Now is the time to slow things down and take better care of yourself. It is said that lasting change can happen in just three weeks. Great timing! Let's start this Challenge on Monday, December 9 and end it on December 30. That will carry us through 2024 and set us up for some healthy new habits in 2025.

Write down a couple of the apps you spend too much time on: \_\_\_\_\_

Now think about why you are drawn to these apps/your device? Are you lonely, bored, tired, avoiding something/someone? Write your thoughts here: \_\_\_\_\_

Now decide on a couple things you will do instead of device time (we might be biased but we think coloring is a great option :) Write your ideas here: \_\_\_\_\_

Use the second page to chart your progress til the end of the year.

Let's keep it simple. What does self-care look like for you? What are you missing that you really wish you had time for these days? Something that brings you immense joy. Perhaps something small so it is easy to accomplish. Write your ideas here:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**List the three times you treated yourself to the above self-care during this challenge**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



We hope this challenge brings you some peace this December. Would you like to learn more about the benefits of coloring? Scan here or visit our website at:



[connectandcolor.com](https://connectandcolor.com)  
[info@connectandcolor.com](mailto:info@connectandcolor.com)



# Device Free. Yippee!

Use this chart to record the times you felt like using your device but chose an alternative. Write down what you did instead. Hopefully you will have one entry each day! Follow us on INSTAGRAM and FACEBOOK and share your results.

Week of 12.09.24

9.

13.

10.

14.

11.

15.

12.

Notes

Week of 12.16.24

16.

20.

17.

21.

18.

22.

19.

Notes

Week of 12.23.24

23.

27.

24.

28.

25.

29.

26.

30.

We won't count NY eve :)