



Advent Calendar 2018

"Sparkle and Shine"



Building up to the festivities and the end of year can be demanding and tiring so why not decide to add some fizz, sparkle and energy to boost your world.

1st
"When you SHINE others SHINE"
 Cope and Oates

2nd
 Giving is good for the soul.
 Make a donation to charity.

3rd
Be amazed.
 This week get outside if you can and check out your beautiful world .

4th
Encourage others.
 Check out our vlog on our Facebook page. Leave us a message.

5th
Make a card and write a great message to say thank you.

6th
 Bring your best self to work today.
Be your own "Sparkle."

7th
 Look after yourself. Plan a treat to enjoy over the holiday period.

8th
 Do something you love doing today. Share it with others.

9th
 Spend time with the people you care about. Tell them how much you care.

10th
 Look for the positive in everything this week.

11th
 Choose a "soundtrack" to lift your spirits and make you feel happy. Play it often – Play it loudly.

12th
Be a ray of sunshine.
 Do all you can to be a role model of happiness.

13th
 Look around – who needs your help?

14th
Wear your Christmas jumper or trim yourself up.

15th
Reach out and be kind.
 What could you do for someone else today?

16th
To be your best just take 10 minutes to breathe and regroup.

17th
 Find your festive joke and tell it to as many people as you can this week.

18th
Be appreciative.
 Say **THANK YOU** to as many people as you can today.

19th
 Watch or listen to something that makes you feel good.

20th
 Plan a "get together."
 Make sure you catch up with the people you want to see.

21st
 Sing very loudly in the car or outdoors. Even better get others to join you.

22nd
If you can make someone happy today..... just do it.

23rd
 If you had 15 minutes just for yourself today what would you do. Make it happen.

24th
 Remember to just stop and check out all the love and positivity you have. Priceless!

25th
Today is the perfect day to shine and sparkle and be your most amazing self.

We hope you all have a great festive break.

We are learning to vlog and have decided to do a short daily vlog linked to our calendar. Check us out at [#signpostvlog](#) on our Facebook page.

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