

ELEVATE CALENDAR

DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 What is grit? Find the answer here	2 FAQ about grit	3 Read: Grit: The Power of Passion and Perseverance – Angela Duckworth	4 Listen to Angela Duckworth's TED talk about grit	5 Listen to Angela Duckworth's Talks at Google	6 What long-term goals have you pursued during 2025? Journal about them and celebrate the ones you have accomplished	7
8 Let's talk about hope	9 Listen to Why We Need Hope podcast	10 Hope brings happiness, builds grit and gives life meaning	11 Are Your Hopes Too High for the New Year? Read this article	12 What are your hopes for the year 2025? Write them down	13 Hope Theory – Make Your Life Better – Watch this video	14
15 Learn about Visualization and Mental Imagery	16 Visualization can help YOU achieve a better future!	17 Let's practice Visualizing Guided Imagery	18 How Visualization Can Benefit Your WellBeing	19 How Mental Imagery and Visualization Works In Sports	20 Spend the weekend practising mental imagery and visualizations. Journal about your experience.	21
22 Festive stress	23 Holiday Stress: Not this Year!	24 How might Christmas affect my mental health?	25 Recognizing and Managing Holiday Stress	26 How to Protect Your Emotional Health During the Holidays	27 Explore the best books of 2025 according to The New Yorker	28
29 Let's reflect on the past year and plan the next one.	30 Let's connect with 2025. Revise your photos, messages, and agenda. How would you describe it?	31 Let's connect with 2026. Visualize your goals and hopes for the new year				



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