

2025 December

Daily Dose of Oxygen

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Oxygen Mantra: I give myself permission to slow down..	2 Take 3 minutes to set your intention for how you want to feel today.	3 Protect your first 10–15 minutes for grounding before reacting.	4 Name one thing you will not carry home with you.	5 Celebrate a micro-win before you close your laptop.	6 Take a slow walk or stretch for 15 minutes.
7 SCS: What feels heavy right now, and what would lighten it even 5%?	8 Oxygen Mantra: My energy is a leadership resource worth protecting.	9 Write down the top 3 things that matter this week → that's Clarity.	10 Drink water before your first cup of coffee.	11 Take a mid-day pause (2–5 minutes); breathe intentionally.	12 Write yourself a quick thank-you note for something you handled well.	13 Digital break → 60 minutes with no screens.
14 SCS: Where am I over-functioning? What boundary would support me?	15 Oxygen Mantra: I can live well and lead well.	16 Set 1 personal boundary for this week.	17 Try a 5-minute "reset walk" during planning or lunch.	18 Identify one task you can delegate (Capacity Decision).	19 Close your office door for 10 minutes and breathe.	20 Do something joyful that is just for you.
21 SCS: What do I need to reclaim before the holiday break?	22 SCS: I choose presence over pressure.	23 Write down one thing you can release before break.	24 Eat breakfast slowly — no multitasking.	25 Quiet reflection: Write down 3 things for which you are grateful.	26 Declutter a space today. Make room for the coming year.	27 Take a nap or rest your eyes for 20 minutes.
28 SCS: What is one emotional weight I am ready to set down before the new year?	29 Oxygen Mantra: I step into the new year with intention.	30 Choose your one-word intention for 2026.	31 Do a "Year-End Victory Lap": Write 3 things you're proud of this year (big or small).			

*SCS= Self-coaching Sunday