




















BEYOND RECOVERY ADVENT CALENDAR

	<p>1 Think of someone who has been kind to you this year</p> 	<p>2 Work out for half an hour behind your door and keep a log</p>	<p>3 Give gratitude to the birds, or the sky you can see from your window</p> 	<p>4</p> 	<p>5 Be kind to someone on your wing</p> 	<p>6 Say something nice to a loved one on the phone</p>
<p>7</p> 	<p>8 Remember to be kind to yourself</p>	<p>9 Make someone smile</p> 	<p>10 Forgive someone who has upset you</p> 	<p>11</p>  <p>Spend time listening to someone deeply</p>	<p>12 Give yourself a hug</p> 	<p>13 Send good wishes in your mind to someone you don't have contact with</p>
<p>14 Be kind to an officer who has tried to help you</p>	<p>15 Always be true to yourself</p>	<p>16 You have everything you need to be successful</p>	<p>17 When you wake up give thanks to see the sun, or sky</p> 	<p>18 Remember: Every moment is a fresh beginning</p> 	<p>19 You are loved</p> 	<p>20 The true source of happiness lies within your own mind</p>
<p>21</p>  <p>Keep in touch with loved ones and you will be touched by love</p>	<p>22 When you go to bed give thanks that You've seen another day</p>	<p>23</p>  <p>Think a thought that makes you smile</p>	<p>24</p> 	<div><p>MERRY CHRISTMAS</p><p>Beyond Recovery team</p></div> <p>With love from the</p>		