DECEMBER

THERE ARE 22 WORKDAYS THIS MONTH

sun. mon. tue. wed. thu. fri. sat.

29 30 01 02 03 04 05

06 07 08 09 10 11

13 14 15 16 17 18 19

20 21 22 23 24 25 26

WINTER SMOLSTICE* CHRISTMAS EVE CHRISTMAS

27 28 29 30 31 01 02

*SMOLSTICE: SOLSTICE FOR A SMOVER

DECEMBER REMINDER



Wake up. Be thankful. Be approachable. Complain less. Smile (really). Start early & go long. Go beyond expectations. Have a sense of urgency. Be resourceful & resilient (with no excuses).

Get the Smile & Move book, wristbands, and cards at GiveMore.com/Smile