



The Presence Jar

See how the simple act of setting a daily intention can help you live with greater presence. Cut the following 31 (plus 2 bonus) daily activities into strips, add them to a jar, and choose one to try each day. By practicing presence, you can let go of distractions and focus on what matters most during the busy month of December.



<p>SING A SEASONAL SONG E.g. Joy to the World, Jingle Bells, Frosty the Snowman</p>	<p>MEDITATE Sit in a relaxed position and notice your breathing — clear your mind of other thoughts.</p>	<p>DECLUTTER ONE ROOM An organized living space can reduce your overall stress level.</p>
<p>NAME ONE THING YOU'RE GRATEFUL FOR E.g. friends, laughter, good coffee, pets</p>	<p>INCREASE YOUR STEPS Take an extra walk today, whether it's through your home or around the block.</p>	<p>SAVOR A SNACK Whether a piece of fruit or a baked treat, take a moment to truly enjoy the experience of eating.</p>
<p>IDENTIFY A MOVEMENT OF CHOICE TO INCORPORATE INTO YOUR DAY E.g. walk, stretch, plank</p>	<p>NOTICE SHAPES IN THE CLOUDS Reconnect with your surroundings using your imagination.</p>	<p>LISTEN TO THOSE AROUND YOU Pay attention to their words, their actions, and practice compassion for their feelings.</p>
<p>MAKE A MEAL TOGETHER E.g. pancakes for breakfast, chicken with roasted veggies for dinner</p>	<p>TAKE A MOMENT TO NOTICE NATURE It's amazing what can go unnoticed when you're going about your day.</p>	<p>SPEAK OR SEND A WORD OF HOPE Be a light in the darkness for those around you.</p>
<p>BAKE A FAVORITE SEASONAL RECIPE E.g. Christmas cookies, gingerbread, rice pudding</p>	<p>LISTEN TO YOUR BODY Don't push through your feelings! Eat when you are hungry, rest when you are tired.</p>	<p>APOLOGIZE If something is weighing on your heart, seek reconciliation to find peace.</p>
<p>TAKE A BREAK FROM ELECTRONICS Instead, start a conversation or play a card game with a loved one.</p>	<p>REFLECT ON A MOMENTO Sit with a treasured item for five minutes and explore its significance in your life.</p>	<p>MAKE TIME FOR YOUR PASSION Release your creativity and reconnect with yourself!</p>
<p>DECIDE WHAT YOU WILL COMMIT TO E.g. yes to coffee with a friend, no to hosting your extended family</p>	<p>SHARE YOUR HEART Voice your gratitude, love, frustration, or pain with someone you care about.</p>	<p>PRACTICE PATIENCE Focus on your breathing to reduce stress and give yourself time to respond rather than react.</p>
<p>DO AN ART PROJECT E.g. color, paint, stamp, scrapbook, sculpt</p>	<p>SMILE Give yourself the freedom to feel and share your joy.</p>	<p>DONATE TO A FOOD SHELF Consider how fortunate you are. Take this opportunity to share with others this season.</p>
<p>GET A GOOD NIGHT'S SLEEP Go to bed early after at least an hour without screen time.</p>	<p>LAUGH Whether at a joke or a stressful situation: find the humor and enjoy the moment.</p>	<p>SHARE YOUR FEARS Openness helps to relieve stress and move forward when you feel stuck.</p>
<p>READ A BOOK Immerse yourself in the story and be present with the characters.</p>	<p>SHARE A RANDOM ACT OF KINDNESS E.g. give a compliment, pick up a stranger's tab, give to a charity</p>	<p>SHARE YOUR DREAMS Voicing your dreams can create accountability and open your mind to new possibilities.</p>
<p>VISIT A LONELY PERSON This season can be difficult for many. Share the gift of your time with someone who needs it.</p>	<p>MAKE YOUR BED Instead of adding another task to today's to-do list, make your bed when you wake up. Done!</p>	<p>TELL SOMEONE YOU LOVE THEM Sharing love is the most powerful way to connect with those around you.</p>

As the ELCA's benefit ministry, Portico works to empower whole-person well-being — so you can live well. For more wellness content visit PorticoBenefits.org/wellness or follow us on Facebook and Twitter.