Love Never Melts
Smile at the first 5 strangers you see.

Practice 20 classes during Advent.

Leave a Secret Santa gift under the BE Tree
(made or recycled only)

Leave a nice note for someone you Love.

Begin a List of Gratitude
+ at least one thing every day of Advent.

Donate a full bag to an Independent Charity Shop.

Purchase the gift of Yoga for someone.

Fill a box for a food bank.

Tell everyone you Love that you Love them.

Let all cars and people go before you all day.

Write & post a letter to someone who will love receiving.

Give some time and love to an elderly neighbour.

Look someone in the eye and ask them how they are.

Make a decoration for the BE Tree.

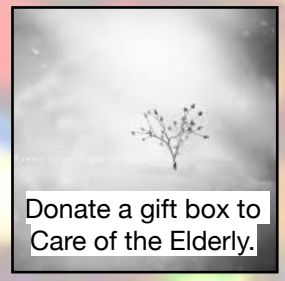
Donate £1 for every negative thing you say, to the next homeless person you see.

Buy a hot drink and food for someone in the cold.

Take a festive photo in your favourite posture.

Leave a plant on a lonesome Grave and say hello.

Leave a lovely note on a strangers windscreen


Donate a gift box to Care of the Elderly.

Genuinely compliment someone.

Re-read your favourite book
(& recommend to us please)

L.O.V.E.
Y.O.U.R.S.E.L.F.
List 5 favourite things about You.

Be a daydream Believer..