

Here's What's Happening in Wellness Coach This December!

As the year comes to a close, Wellness Coach is encouraging a moment of stillness and intention. December's theme, **"Reflect on Wins and Build a Strong Future,"** centers on celebrating growth, acknowledging accomplishments, and preparing to enter the new year with clarity and confidence.

The featured experience this month is the **5-Day Reflect and Reset Challenge**, designed to help participants pause, process, and realign before stepping into 2026.

See what's coming up 📌



December Challenge: The 5-Day Reflect and Reset Challenge



December 7 – 11, 2025

This five-day challenge creates space to slow down, take stock of personal growth, and reset intentions. Participants are guided through a meaningful end-of-year reflection that promotes peace of mind and renewed focus.



[Join the Challenge](#)



Live Events – Release, Celebrate, and Reset



Meditation: Letting Go of the Guilt This Year



December 4 @ 12:30 PM ET | Coach TBD



[Register here](#)



Dance Cardio: Shake Off the Year



December 12 @ 12:30 PM ET | Coach TBD



[Register here](#)



Let's Talk: What I'm Not Bringing Into Next Year



December 23 @ 3:30 PM ET | Coach TBD



[Register here](#)



Also happening this month on Wellness Coach:

December's content is designed to support closure, healing, and joyful movement, helping individuals finish the year with grace and look ahead with strength.



For tech support or questions: support@wellnesscoach.live

Reflect deeply, reset intentionally, and step into a new year, fully supported by Wellness Coach.