



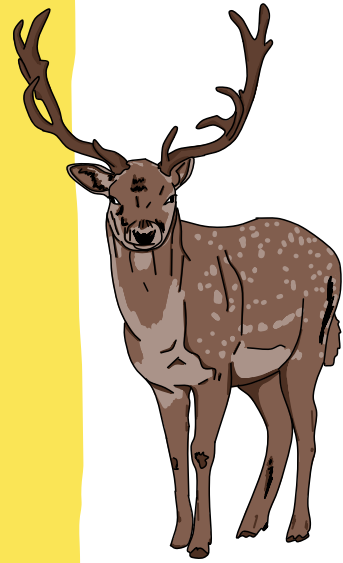
THE SOURCE PRESENTS: 25 DAYS OF "ELF ESTEEM" ADVENT CALENDAR



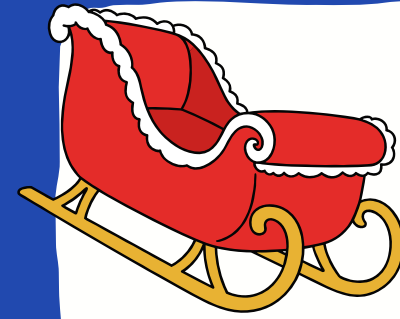
22/12/25



WHEN I FEEL LIKE I'M FALLING, I TRUST THAT I'LL LAND AND RISE STRONGER FOR WHATEVER DRIFTS MY WAY.



23/12/25
I AM STRONG LIKE A REINDEER, CAPABLE OF PULLING THROUGH TOUGH TIMES.



24/12/25

EVEN SLEIGHS NEED DIRECTION. I CAN FIND MINE IN PEOPLE WHO LIFT ME UP.



25/12/25

I AM ON THE "NICE LIST" BECAUSE I AM KIND, BRAVE, AND GROWING EVERY DAY.



"WHAT DO THE ELVES SAY TO SANTA WHEN HE'S FEELING A LITTLE SNOWED UNDER?"

"BELIEF IN YOUR ELF!"



LOOK AFTER YOUR "MENTAL ELF" THIS CHRISTMAS
MERRY CHRISTMAS

WWW.THESOURCE.ME.UK/WELLBEING

