

Winter Journal Prompts

What brings you joy during the holiday or winter season?

Write down 10 words that make you think of winter.

What is your favorite memory from winter last year?

How do your daily routines change in the winter?

How is this winter different than previous seasons?

What are some things going on your winter bucket list?

Describe your perfect day off in the winter.

Write down 3-5 personal goals for the season.

Write down 3-5 professional goals for the season.

What is your favorite season and some reasons why?

What is something you look forward to this season?

What is something giving you anxiety or worry this season?

Describe your winter self-care routine.

How has your physical health been lately?

How has your mental health been lately?

Do you enjoy decorating for the holidays and winter?

How can you improve your daily habits this winter?

Do you have a new morning or nighttime routine?

What are you most grateful for this season?

Winter often feels like a quiet season – what changes will you make?

Are there new projects or crafts you want to try this winter?

What are some outdoor adventures you can go on?

List 5 people you would love to make plans with this season.

What is bringing you clarity this season?

Sum up your feelings about the season.

