

December

JOURNALING PROMPTS

1. What is your favorite part of December?
2. What is something that you decided not to do today and why?
3. Who is someone that you have not spoken to in awhile? What's stopping you from reaching out to them today?
4. What is your favorite holiday drink?
5. If you are forced to "make" gifts for your friends and family this Holiday season, what would you make for your loved ones?
6. What is a positive habit that fell off the wagon this year? How can you incorporate it back into your life?
7. Describe your dinner today. What and where did you eat? With whom did you eat?
8. Do you prefer camping or glamping?
9. What is the best gift that you ever received?
10. Who is the last person that you said "thank you" to? What was the reason?
11. What was the most challenging thing that you faced today?
12. What is your favorite part of winter?
13. Without stating whom, what is one honest advice that you want to give this person?
14. What do you love about your work outside and/or at home?
15. What did you learn from the past year that you wish you knew earlier?
16. What is your favorite holiday tradition?
17. Do you prefer to shopping in-person or online?
18. What do you hate the most about holiday season? How can you make it better this year?
19. What is a decision that you made recently that you are proud of?
20. What are sacrifices that you are making for the betterment of society?
21. Do you prefer a night out with your loved ones or a night in?
22. What are some things that you can list that show that your life is abundant?
23. Who do you miss the most during the holiday season?
24. What is your favorite Christmas music?
25. Did you believe in Santa Clause when you were younger?
26. Do you clean as you cook or clean up at the end all at once?
27. Reflect on the goals that you had for this year. Have you achieved them all? Why or why not?
28. If you can drive any car in the world, what car would it be?
29. If you can relive any day of this past year, when would it be and why?
30. What are some goals that you have for the new years?
31. Summarize this year in one word.