

December

JOURNAL PROMPTS

1. What is your favorite Holiday Tradition?
2. Write down a quote that inspires you right now
3. What is your favorite holiday food and why?
4. What are you looking forward to this Holiday Season?
5. What are your top memories of this year? (list 3 to 5 memories)
6. What is your favorite holiday movie and why do you love it?
7. What are you looking forward to in 2019?
8. List the challenges/ struggles you overcame this year.
9. Write down a goal you would like to accomplish by the end of this month.
10. What makes you happy about the Holiday Season?
11. What is your favorite Holiday song? Why do you love it?
12. What successes do you want to celebrate from this year?
13. List all the things that bring you joy right now.
14. What are your top 3 goals for 2019?
15. What lessons have you learned this year?
16. Write down your favorite Holiday recipe. What do you love about it?
17. What was the best gift you've ever received?
18. What new Holiday traditions do you want to start?
19. What are you hoping for this Holiday season?
20. Write about something good that happened to you this week.
21. What gift are you giving yourself?
22. What word describes this year for you? Why did you pick that word?
23. What is your favorite childhood Holiday memory?
24. What are you grateful for today?
25. What was your favorite part of today?
26. Today I feel...
27. What are your top five favorite books you read this year?
28. What are your top five movies that you loved watching this year?
29. List all the people who bring you Joy and why
30. List all the good things that happened to you this month.
31. What is your resolution for the New Year?