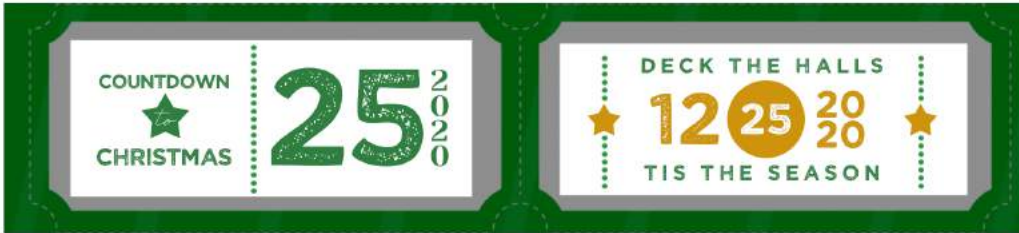


End this year on a brighter note.
December Journaling Prompts



1. What does Christmas mean to you?
2. What is your favorite childhood memory about Christmas?
3. How will you spread Christmas cheer this year?
4. Three things you are most thankful for in this time of your life.
5. What about this season stresses you out the most? How can you prepare yourself better for it this year?
6. If you could receive any present, what would you like it to be?
7. Five things you love most about Christmas.
8. Write a Christmas love letter to yourself today. Keep it in your journal and read it to yourself on Christmas day.
9. What are your favorite holiday movies and why? Pick your top 3!
10. What are your favorite family traditions? If you don't have any yet, what tradition would you like to get started this year?
11. Your favorite Christmas lyrics.
12. What is the most special gift you've received for Christmas?
13. Think of someone you can cheer up today. Send that person a card, a care package or a simple message online.
14. What or who do you miss most today?
15. What are you looking forward to today?
16. Write a holiday haiku.
17. How is your Christmas different this year?
18. Three things you plan to do on Christmas day.
19. What foods are you craving for or looking forward to feasting on this Christmas?
20. Favorite Christmas project this year
21. Dream a little. If you could spend Christmas anywhere in the world, where would it be?
22. Watch a feel-good holiday movie today! Preferably, something you haven't seen before and write down your thoughts about it.
23. Two days to go! Make a list of last-minute things you have to do.
24. Time to relax. Make yourself a hot cocoa (or coffee, up to you!) and write about how you're feeling today.
25. Merry Christmas! Write a prayer of gratitude and hope.
26. Favorite moment from Christmas day.
27. Best gift you received this Christmas?
28. Who are you most thankful for this year apart from your immediate family?
29. What are some of your goals for the new year?
30. How do you want to face the coming year?
31. Take time to review your journal or photos from the past year. Notice all the good that came your way. List down 5 of the best things that 2020 brought you.





Peace to All!



Merry Christmas



| | | | |
|-----------------|------------------------|-------------------------------|--------------------|
| MERRY CHRISTMAS | <i>holiday spirit</i> | merry making | ALL IS WELL |
| HOPE & JOY | <i>festive mood</i> | falalalala | MERRY & BRIGHT |
| STAY SAFE | <i>make a wish</i> | family memories | STAY HOME |
| PEACE | <i>christmas treat</i> | a different kind of christmas | HOHOHO |
| AT HOME | <i>miss this</i> | all is well | CHRISTMAS PLAYLIST |
| HAPPINESS | <i>celebrate</i> | christmas magic | BLESSINGS |
| MAKE MERRY | <i>season of light</i> | beautiful | THE SAVIOR IS BORN |
| CHRISTMAS | <i>rockin' around</i> | i'll be home | CRAFTS |
| UNDER THE TREE | <i>love this</i> | wish list | CHRISTMAS HUSH |
| CHRISTMAS READS | <i>currently</i> | the best | HOLIDAY FILM |
| THIS CHRISTMAS | <i>cuddle weather</i> | silent night | SAFE & CALM |
| MERRY CHRISTMAS | <i>holiday spirit</i> | merry making | ALL IS WELL |
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