

12 / december journaling prompts

- 01 Describe a moment from today that you want to remember always.
- 02 What are five things that you have enjoyed the most about this year?
- 03 What were the five hardest things about this year?
- 04 Do you feel ready for the holiday season?
- 05 Who are the people you will be buying presents for this year?
- 06 Write about your family rituals when it comes to Christmas time.
- 07 Is there someone you are missing right now?
- 08 How will you spend Christmas Eve?
- 09 How will you spend Christmas Day?
- 10 Write about your favourite childhood Christmas memory.
- 11 What are three things you are thankful for right now?
- 12 Write about three people who have made a difference in your life this year.
- 13 How do you feel about the world events in this last month?
- 14 When was the last time you cried, and why?
- 15 When was the last time you laughed, and why?
- 16 What is the most wonderful gift you could possibly receive?
- 17 What does generosity mean to you?
- 18 What does Christmas mean to you?
- 19 Write a list of all the things you feel you have achieved this year.
- 20 What is the funniest thing you've read or heard recently?
- 21 Write about the things you find hard around this time of the year.
- 22 What happened at 10am today?
- 23 How are you planning to spend New Year's Eve?
- 24 What are you most looking forward to on New Year's Day?
- 25 What's on your heart right now?
- 26 Write down five things that you want to remember about Christmas day.
- 27 What are three things from this past month that have been magical?
- 28 What are three things from this past month that have made you feel helpless?
- 29 How are you feeling today?
- 30 What is your favourite thing about Sunday nights right now?
- 31 What excites you the most about next year?

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