

A Different December

Weekly Journal Prompts to a More Joy-Filled Month

WEEK 1: *Intension*

How do you want to experience this month?
What is your hope for yourself and others this month?
What steps will you take to meet these intensions?

WEEK 2: *Presence*

How can you be more present to yourself and others?
What steps can you take to focus on each day and the joy in it,
instead of the hustle of the season?

WEEK 3: *Gratitude*

What are you most grateful for this month? This past year?
How can you focus on those things daily rather than the crazy pace,
comparisons, and "keeping up" of the season?

WEEK 4: *Reflection*

How have you grown this year?
What were the highs and lows and how did you learn from them?
What gave you the most joy this year? Most peace?

WEEK 5: *Inspiration*

What inspires you? For today? For the year ahead?
What are you looking forward to?
How will you make time for more of the things that bring you
joy and peace?
