

Journaling & Creative Worksheet

for December 1st



MORNING		A goal you can make progress on now and not wait until January 1st.	
POSITIVE THOUGHT		ONE WORD	Cheerful.
2025 GRATITUDE		Seasonal things that happen every year that ground you.	
'WHAT I DID' THIS YEAR		Three positive things that happened this year.	
SET INTENTIONS		Habits or routines to leave behind in 2025.	
SELF-CARE		Ways you can focus on making your holidays special.	
EVENING		Three achievements from the year so far.	
DOODLE	Snowflake.	WATER-COLOR	Doorway.