December Journaling If You Feel Like *the* Year Came & Went & You've Achieved Nothing

S	M	T	W	T	F	S
30	1 Three positive things that happened this year.	2 Three ways you've helped other people this year, even if it's gone unnoticed.	3 One thing you overcame this year.	4 An ordinary, everyday conversation you remember.	5 Routines you've upheld and stuck to that ground you.	6 Memories from the year that make you smile, no matter how ordinary.
7 The specific places you frequented this year and memories.	8 The people you've spent the most time with this year and what you did.	9 Three things you wouldn't change about the year, no matter what.	10 A moment you felt proud this year and why.	11 List as many places you went as you can think of, no matter how close or far.	12 Milestones, traditions, and events you celebrated.	13 People you had dinner with.
14 Recount the first three memories that come into your head from the year.	15 Describe an ordinary day from the year and what about it you enjoyed.	16 Identify five of your favorite photos from the year on your phone.	17 Identify five of your favorite conversations from the year.	18 Favorite things you've read this year.	19 Favorite movies and TV shows from the year.	20 What you've learned this year.
21 Who made you laugh this year.	22 Something you overcame this year through perseverance.	23 New things you tried this year, even if it was just once.	24 Something you've made progress on.	25 Ways the year was the same as last year in a positive way.	26 Decisions you made this year, big and small.	27 Lifelong goals and achievements you're still working toward.
28 A memorable journey from the year.	29 A beautiful moment in nature from the year.	30 A heartwarming interaction from the year.	31 Ways you were your best self this year.	1	2	3 O&H Ordinary & Happy