Morning Journaling *for* December

S	M	T	W	T	F	S
30	1 A goal you can make progress on now and not wait until January 1st.	2 Simple morning routines you can implement for the winter.	3 People you want to connect with before the holidays.	4 Holiday prep you've been putting off that you can get done today.	5 What you find joyful about the holidays.	6 What you're looking forward to this weekend.
7 One way you can give back this holiday season.	8 Simple, fun activities you can organize with friends.	9 Family you won't see over the holidays to catch up with online.	10 One way you made the past weekend special for someone.	11 One thing you can do today to make next week easier.	12 Where you could go to see holiday lights and get inspired.	13 An act of kindness you've read about that inspired you.
14 A simple self-care activity to give you a break from the planning.	15 Something you'd like to do, just for yourself.	16 What you've enjoyed about the month so far.	17 Ways you can share joy online.	18 How you could inspire a loved one today.	19 Your happiest memory from the past year.	20 One way your life has improved this year.
21 One success from the year, no matter how big or small.	22 A winter self-care routine you can implement for the rest of winter.	23 Why celebrat-ing the holidays with family is important to you.	24 One way you can make someone feel less alone today.	25 What you love about the people you're with today.	26 One thing you'd like to do before the year ends.	27 Three things you're grateful for this year.
28 One thing that never changes and you take forward into every new year.	29 One goal you can revisit and become more realistic with.	30 Your favorite three photos from the year on your phone and why.	31 One positive change to your morning routine starting tomorrow.	1	2	3

O & H
Ordinary & Happy