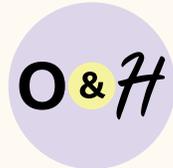


# 31 Days of Positive Thoughts Journaling for December

S	M	T	W	T	F	S
30	1 One thing I love about winter is...	2 Something I want to achieve this December is...	3 My favorite memory of the year is...	4 Someone I want to see before the holidays is...	5 A place that makes me feel festive is...	6 One thing that brings me joy on a cold day is...
7 I can bring joy into someone's life by...	8 This year, I was good at...	9 My home is cozy because...	10 A cherished holiday memory is...	11 I can be kind to myself today by...	12 My heart fills with love when I think about...	13 Something I want to do before the end of the year is...
14 I feel snug and warm when...	15 To stay positive on the dark nights, I will...	16 When I look back at the year, I'm proud of...	17 I can bring more light into my home by...	18 An indoor activity I want to do more of is...	19 A great decision I made this year was...	20 My favorite place to watch a winter sunset is...
21 It may be cold outside, but I'm still...	22 This year, I've made progress on...	23 A community that makes me feel loved and valued is...	24 Tomorrow, I'm excited for...	25 The people I'm with today are...	26 Something I've loved about December is...	27 This year, my favorite experience was...
28 My cozy routines help me...	29 I'm hopeful for next year because...	30 The people I want to spend more time with next year are...	31 Something I love about myself that I'll never change is...	1 	2 	3  Ordinary & Happy