‘Year In Review’ Journaling *for* December

S	M	T	W	T	F	S
30	1 How you entered the year in January and how that outlook changed.	2 Goals you set that you made progress on.	3 What about the year surprised you.	4 What about the year was as expected in a positive way.	5 A relation-ship that has grown through-out the year.	6 Positive memories from the end of winter.
7 What you’ve been curious about this year.	8 What you enjoyed about spring.	9 Places you visited this year and what you did.	10 Rou-tines or habits you rediscov-ered or picked back up.	11 What has kept you grounded this year.	12 What you’ve outgrown this year and are ready to leave behind.	13 Things you want that are very clear.
14 Things you’re still eager to explore next year.	15 Positive memories from summer.	16 Vivid memories of ordinary everyday moments.	17 Ways you were able to take a break or rest this year.	18 What unrealistic goals or expecta-tions you had let go of by summer.	19 The people who were most in your life this year and how.	20 People you wish you’d re-connected with more.
21 Times this year you’ve had to be patient.	22 Positive memories from fall.	23 Major milestones from the year you celebrat-ed.	24 Setbacks from the year you overcame.	25 Lessons this year has taught you.	26 What about this year deserves celebra-tion.	27 What from this year will you take into next year.
28 The people who were there for you this year and how.	29 How this year was positively different from other years.	30 Positive memories from the holidays.	31 What you’ll remember about the year.	1	2	3 O&H Ordinary & Happy