One Month *of* Self-Care Journaling *for* December

S	M	T	W	T	F	S
30	**1** Ways you can distract yourself from holiday-themed content and focus on making your holidays special.	**2** Things that make you feel grounded during the busy holiday season.	**3** 5-minute routines that can calm you.	**4** Tasks you can delegate or not volunteer for to make sure you're not over-extended.	**5** Cozy routines you can do after you get home from work & before life/holiday to-dos.	**6** What makes you feel cozy.
7 One way you've shown courage this past year.	**8** People you want to connect with before the year finishes, even if it's just a message.	**9** What you love about winter, despite the cold weather.	**10** People you feel supported by and why.	**11** Holiday prep you're overthinking that isn't that important if you don't get done.	**12** Simple things you need to be your best self.	**13** Ways to bring more light into your home.
14 Ways to bring more warm colors into your home.	**15** Ways to show yourself kindness if plans and expectations change.	**16** What you can do at home to allow you to pause and reset for one minute.	**17** Things you can wake up to in the morning that can inspire you in the dark and cold.	**18** One thing you can do for yourself over the holidays.	**19** One thing you can do tonight to give you a break from all the planning.	**20** Ways to be more present over the holidays.
21 Things you do every day you don't realize are comforting routines.	**22** Three things you love about the person you've been this year.	**23** Ways you can be your authentic self over the holidays.	**24** What you're thankful to your past self for staying consistent with this year.	**25** Specific ways you made today special for your family/someone.	**26** What you enjoyed about yesterday, no matter how simple.	**27** One thing about the year that wasn't as big a deal as you thought it would be.
28 What you're ready to leave behind in this year.	**29** Ways you've shown yourself kindness this year.	**30** Self-care ideas you can make part of your daily or weekly routine next year.	**31** Things you're proud of yourself for this year.	1	2	3