

December Journaling *for* Setting Intentions *for the* New Year

S	M	T	W	T	F	S
30	1 Habits or routines to leave behind in 2025.	2 Unrealistic expectations to release.	3 Things that took up too much time (time better spent elsewhere).	4 How you're different from the person at the start of the year.	5 Unfinished projects or goals you don't feel you need to revisit.	6 Set-backs you overcame you can leave behind in 2025.
7 Day to Reflect	8 What mattered most to you this year.	9 Three things you want to prioritize more in life.	10 Three core values to align your actions to.	11 How you can connect and spend time with people you care about most.	12 Experiences you want to have next year.	13 Three things you can make progress in and track that progress.
14 Day to Reflect	15 Three things you want to do for yourself, no one else.	16 Things that make you feel confident.	17 One part of your personality you want to embrace more.	18 What next year's version of you says 'yes' to.	19 At the end of next year, how would you want to feel about the year.	20 What motivates next year's version of you.
21 Day to Reflect	22 Goals you've made progress on you can continue into the new year.	23 Goals you didn't make progress on and want to revisit.	24 Identify 1-3 key goals for the year.	25 5-minute habits that can support each/one goal.	26 Daily routines (10-30min) that can support each/one goal.	27 Weekly routines that can support each/one goal.
28 Day to Reflect	29 Changes you can make at home to support each/one goal.	30 People/ideas to support you on tough days.	31 7-day or 30-day challenges you could do in January.	1	2	3  Ordinary & Happy