

# Journaling Planner Day 18

<b>MORNING</b>		How you could inspire a loved one today.	
<b>ONE WORD</b>		Soft.	<b>POSITIVE THOUGHT</b>
			An indoor activity I want to do more of is...
<b>'WHAT I DID' THIS YEAR</b>		Favorite things you've read this year.	
<b>2025 GRATITUDE</b>		A book, podcast, or article that inspired you.	
<b>SET INTENTIONS</b>		What next year's version of you says 'yes' to.	
<b>SELF-CARE</b>		One thing you can do for yourself over the holidays.	
<b>EVENING</b>		A moment you stopped, paused, and took in the holiday sights and sounds.	
<b>DOODLE</b>	Gingerbread man.	<b>WATER-COLOR</b>	Footprints in the snow.