

Journaling Planner Day 19

MORNING		Your happiest memory from the past year.	
ONE WORD		Centered.	POSITIVE THOUGHT
			A great decision I made this year was...
'WHAT I DID' THIS YEAR		Favorite movies and TV shows from the year.	
2025 GRATITUDE		Something you discovered this year.	
SET INTENTIONS		At the end of next year, how would you want to feel about the year.	
SELF-CARE		One thing you can do tonight to give you a break from all the planning.	
EVENING		Who you're particularly happy to see over the holidays and why.	
DOODLE	Christmas ornaments.	WATER-COLOR	Decorative pillow or cushion pattern.