

# Journaling Planner Day 22

<b>MORNING</b>		A winter self-care routine you can implement for the rest of winter.		
<b>ONE WORD</b>		Wish.	<b>POSITIVE THOUGHT</b>	This year, I've made progress on...
<b>'WHAT I DID' THIS YEAR</b>		Something you overcame this year through perseverance.		
<b>2025 GRATITUDE</b>		People you don't see often you met up with.		
<b>SET INTENTIONS</b>		Goals you've made progress on you can continue into the new year.		
<b>SELF-CARE</b>		Three things you love about the person you've been this year.		
<b>EVENING</b>		One memory of a past holiday get-together and why you remember it well.		
<b>DOODLE</b>	Star.	<b>WATER-COLOR</b>	Indoor plant.	