

Journaling Planner Day 23

MORNING		Why celebrating the holidays with family is important to you.	
ONE WORD		Feast.	POSITIVE THOUGHT A community that makes me feel loved and valued is...
'WHAT I DID' THIS YEAR		New things you tried this year, even if it was once.	
2025 GRATITUDE		A road trip you went on.	
SET INTENTIONS		Goals you didn't make progress on and want to revisit.	
SELF-CARE		Ways you can be your authentic self over the holidays.	
EVENING		Meaningful and enjoyable topics to talk about with family.	
DOODLE	Christmas wreath.	WATER-COLOR	Gift-wrapping station.