Day 7 Journaling Worksheet

DECEMBER EDITION

MORNING

One way you can give back this holiday season.

ONE WORD

Inspiring.

POSITIVE THOUGHT

I can bring joy into someone's life by...

2025 GRATITUDE

Something you've learned this year.

'WHAT I DID' THIS YEAR

The specific places you frequented this year and memories.

SET INTENTIONS

Day to Reflect.

EVENING

What your ideal cozy evening routine looks like.

SELF-CARE

One way you've shown courage this past year.

WATER-COLOR

Knitted scarf or hat.

DOODLE

Angel.