December Evening Journaling

to Reflect on the Season and the Year

S	M	T	W	T	F	S
29	30 	1 Three achievements from the year so far.	2 One thing you're looking forward to continuing into next year.	3 Three good things that happened this year.	4 A setback from the year you overcame and what it taught you.	5 An opportunity you took this year and what it taught you.
6 Weekend routines you've stayed consistent with.	7 What your ideal cozy evening routine looks like.	8 How you feel loved, right now.	9 Favorite memories from fall.	10 One way you made a difference today.	11 One positive interaction you had with someone today.	12 The most beautiful light displays you've seen so far.
13 One thing that has gone to plan this month.	14 What you've found challenging but still managed to make progress on.	15 People you've connected with in December.	16 Someone you helped this past week.	17 What you're hopeful about going into the new year.	18 A moment you stopped, paused, and took in the holiday sights and sounds.	19 Who you're particularly happy to see over the holidays and why.
20 What is most important to you about next week.	21 One way you've surprised yourself this year.	22 One memory of a past holiday get-together and why you remember it well.	23 Meaningful and enjoyable topics to talk about with family.	24 What's the most important thing to you, right now.	25 Ordinary, simple things you remember from today.	26 Experiences from the past year you're grateful for.
27 The most memorable conversation you had this year.	28 One thing you want to revisit and make progress on next year.	29 One thing you want to continue making progress on next year.	30 One thing you're happy to take into next year and want to keep as it is.	31 Describe in detail a particular day from the past year and ask why you chose that day.	1	2 O&H Ordinary & Happy