December Morning Journaling for Holiday Planning and Staying Positive

S	M	T	W	T	F	S
29	30 	1 A simple goal for the month that doesn't have to wait until January 1st.	2 List the people you want to reach out to before the new year.	3 A holiday prep task you've been putting off that you can get done today.	4 An unexpected or overlooked joy of celebrating the holidays.	5 Simple ways to make this weekend special and not just let it pass by.
6 Simple ways to support someone this holiday season.	7 A pre-holiday get-together with friends, even if it's online.	8 A family member you won't see over the holidays to message.	9 A simple way you'll make December special for someone.	10 Something you can do today to make next week a little easier.	11 Holiday lights you could still go see.	12 A story from this year that inspires you to make the most of now.
13 10-minute self-care ideas to give you a break when it's busy.	14 What matters most to you this holiday season.	15 Even though it's been busy, what's been enjoyable about this month so far.	16 What about your town or area has brought you joy.	17 A simple message to send to a loved one to make them happy.	18 Ways to share the year's memories with loved ones (e.g., start a group chat).	19 A lesson from this year to take into next year.
20 If you look around your home right now, what makes you feel happy.	21 An overlooked small win (or wins) from the past year.	22 A simple way to stay active during the winter.	23 Little things about celebrating the holidays with loved ones that mean a lot to you.	24 Someone you can reach out to today just to check in.	25 Why the people you're with today matter to you.	26 A fun thing to do before the end of the year.
27 A fun 5-minute thing you can do every morning this winter.	28 One thing that never changes you take into every new year.	29 A year-long goal idea that is specific, not vague.	30 A photo from the year on your phone that's worthy of a frame.	31 5-minute routines to stay positive on cold mornings.	1	2 O&H Ordinary & Happy