

December Journal Prompts

- 1 What is on your holiday wish list?
- 2 What needs to happen this month?
- 3 Create a journal art Christmas countdown page.
- 4 What are 5 things you'd like to accomplish before the end of the year?
- 5 What gift are you giving yourself this year?
- 6 What are your thoughts about sending and receiving Christmas cards?
- 7 Write about a gift you wanted as a kid that you received?
- 8 List your favorite holiday foods.
- 9 Make a list of the top 10 moments of the past week.
- 10 What is your favorite Christmas song and why?
- 11 Write about one of your family Christmas traditions.
- 12 What is your favorite holiday movie?
- 13 What are some of your favorite Christmas memories?
- 14 Write about a gift you are going to give to someone.
- 15 What is your favorite winter tradition?
- 16 What do you wish you did more of this year?
- 17 Over the past year, what methods/activities have helped your mental health?
- 18 Write about your first Christmas away from home.
- 19 What was your favorite Christmas gift you ever received?
- 20 Write about your extended family Christmas traditions.
- 21 Write about the best book you read this year.
- 22 What are some of your favorite memories from this year?
- 23 What is the biggest lesson you learned this year?
- 24 What does Christmas mean to you?
- 25 How do you spend Christmas morning?
- 26 Write about a goal you reached.
- 27 What do you wish you had done differently this year?
- 28 What 3 words that summarize this year and why.
- 29 What are you most looking forward to next year?
- 30 Where do you envision yourself a year from now and what will it take?
- 31 What are your thoughts on New Year's Resolutions?