

December Journal Prompts

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- Day 1:** 5 goals I'd like to accomplish by the end of this month are...
- Day 2:** The holiday season makes me feel...because...
- Day 3:** Something I need to be free from and surrender to God today is...
- Day 4:** Produce your personal thoughts or beliefs regarding an event that happened in the news or media this week.
- Day 5:** On a scale of 1-10 my mental health is at a...today because...
- Day 6:** Write about a person or area of your life where you need to create better boundaries for your own health.
- Day 7:** Write about a defining event that changed the course of your life and how it has impacted the person you've become.
- Day 8:** Today my favorite Bible verse is...because...
- Day 9:** 10 things that bring me joy are...
- Day 10:** List 3 emotions you are currently feeling and what reasons you think have contributed to these emotions.
- Day 11:** What is one thing you want to be remembered for at the end of your life?
- Day 12:** Write about an area of your life you need more support in right now.
- Day 13:** Write about the biggest lesson you've learned from the life of someone who has passed away.
- Day 14:** When I look in the mirror I see a woman/man who is...
- Day 15:** Write about a favorite childhood memory.
- Day 16:** If I had the ability to change one thing in the world, I'd hope to change...
- Day 17:** Write about a bad decision you made in the past and what you've learned...
- Day 18:** From 1-10, explain how much you're trusting God with your life right now...
- Day 19:** In what ways are you different from the person you were 2 years ago?
- Day 20:** Write about a goal or area of your life you need to be more committed to.
- Day 21:** Write about a part of yourself most people don't see.
- Day 22:** Pick a commitment you are dedicated to & reflect on why you're doing it.
- Day 23:** Something I'd like to learn how to do next year is...
- Day 24:** List 3 positive aspects of your relationship or life of being single right now.
- Day 25:** List 20 words that come to your mind when you think of Jesus. Ready, go!
- Day 26:** Note 4 emotions that come to your heart on Christmas day and why.
- Day 27:** Write about the best piece of advice you've read/received this year.
- Day 28:** Write a letter to your past self in the midst of a trial you faced last year.
- Day 29:** Write what you've learned about being your age.
- Day 30:** Review how you've done with the 5 goals you set on Day 1.
- Day 31:** List 7 new habits you'd like to adapt in the new year.