

# December Journal Prompts

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- Day 1:** If you could summarize this year in 3 words which words would you use & why?
- Day 2:** What do you wish you had done differently this year?
- Day 3:** What are you proud of this year?
- Day 4:** Who made the biggest impact on you this year?
- Day 5:** What was the biggest lesson you learned this year?
- Day 6:** How have you changed since the beginning of this year?
- Day 7:** What are 5 things you'd like to accomplish before the end of the year?
- Day 8:** What do you wish you did more of this year?
- Day 9:** What do you wish you did less of this year?
- Day 10:** In what area of your life would you like to see more dedication next year?
- Day 11:** How does this time of year make you feel and why?
- Day 12:** If you could tell your past self anything, one year ago, what would you tell yourself?
- Day 13:** Over the past year what methods or activities have helped your mental health?
- Day 14:** Over the past year, what has contributed to the declines in your mental health?
- Day 15:** What are 5 things you'd like to start doing next year?
- Day 16:** Make a list of all the things you've been grateful for this year.
- Day 17:** How has God been faithful to you this year?
- Day 18:** Write about something unexpected that happened to you this year and how you journeyed through it.
- Day 19:** What challenged you this year and what was the result?
- Day 20:** What are some of your favorite memories from this year?
- Day 21:** What has your perspective changed on this year?
- Day 22:** What are some of your favorite Holiday memories?
- Day 23:** List 10 words you would use to describe Jesus.
- Day 24:** Summarize Philippians 2:5-11 in your own words and how it makes you feel.
- Day 25:** What does Christmas mean to you?
- Day 26:** What are some areas you'd like to see yourself grow in next year?
- Day 27:** Next year I'd like to improve my physical health by...
- Day 28:** Next year I'd like to improve my spiritual health by...
- Day 29:** Next year I'd like to improve my mental health by...
- Day 30:** Next year I'd like to improve my financial health by...
- Day 31:** Where do you envision yourself a year from now and what will it take?