

DECEMBER JOURNAL PROMPTS



- How does December's energy feel to you?
- Does December bring up any issues for you?
- How can you go deep within this month?
- How can you share your light with the people around you?
- How can you send love to everyone, even people you've never met?
- What is your current favorite thing to eat?
- Who can you talk to when you need someone to listen?
- What are you grateful for today?
- How does your family make you feel?
- What is something powerful you've read lately?
- What do you love to do the very most?
- How can you respond to someone you disagree with from a place of love and compassion?
- When is the last time you tried something new?
- If you could be anywhere in the world right now, where would it be?
- What is something you can do to practice presence the next time you feel anxious or worried?
- What can you do to show your home that you love it?
- What can you do to show your body that you love it?
- Write down three affirmations that feel meaningful to you, right now.
- When is the last time you felt entirely at peace?

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Who can you forgive? How does the idea of forgiveness feel?

How can you receive love from yourself and those around you?

What book are you reading right now (or what book did you most recently finish)?

Write about your day today.

What way have you experienced spirit lately? If you don't want to use the word spirit, you can use it interchangeable with love, peace, or understanding.

What is something magical that has happened to you this month?

Do you feel lonely?

When you feel lonely, how can you connect with others?

When you feel joy, how can you spread that joy to others?

When you feel sad, how can you acknowledge and honor that feeling?

When you are having a low-energy day, how can you use that feeling to reset and recharge?

What wonderful things await you in the future?



DECEMBER AFFIRMATIONS

**I am
surrounded
by magic.**

**I am not
afraid to go
deep.**

**I project
love.**

**I have the
answers I
need inside
of me.**

Here's how I will apply these affirmations to my life:

Create your own affirmations here:

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DECEMBER JOURNALING

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