



## Christmas Journaling Prompts

1. What do you want to do this month? What do you need to do this month?
2. Share a memory of Christmas past.
3. *5-Minute Quick Write.* Set a timer. Spend 5 minutes jotting down anything that comes to mind when you hear the word, "Christmas."
4. What does Christmas mean to you?
5. What do you want to do differently this Christmas season?
6. Write about family Christmas traditions from your childhood.
7. *5-Minute Quick Write.* The "smells" of Christmas.
8. Write out the lyrics to a favorite Christmas song.
9. Write a letter to someone who has made an impact on your life. Then mail it.
10. Create a Christmas playlist.
11. *5-Minute Quick Write.* Your tree.
12. Currently, what are your favorite family Christmas traditions?
13. List or illustrate some of your favorite quotes from holiday movies.
14. Describe a current favorite Christmas activity.
15. Copy a favorite Christmas recipe into your journal.
16. *5-Minute Quick Write.* Christmas-y things you **truly** enjoy doing.
17. Are there any new Christmas traditions you would like to begin?
18. Write out your Christmas menu or dinner plans.
19. What was Christmas like when you were a child?
20. *5-Minute Quick Write.* Favorite Christmas treats.
21. Write about a favorite moment from the current Christmas season.
22. "Peek-ers," "snoop-ers," and "package shakers."
23. Record your "Christmas-y" activities this season.
24. "Twas the night before Christmas...."
25. Describe Christmas morning in your home.
26. Share your post-Christmas feelings.
27. *5-Minute Quick Write.* Jot down the "memorables" from this past year: historical events, innovations in technology, new "words" introduced into our vocabulary, etc.
28. Describe how you have changed this past year. ...in the past five years.
29. *5-Minute Quick Write.* "One Word." Begin a list of words that you might choose to be your "One Word" for the coming year. (A word upon which you will focus.)
30. What are your hopes for the coming year? ...the coming five years?
31. Record your goals for the coming year.

