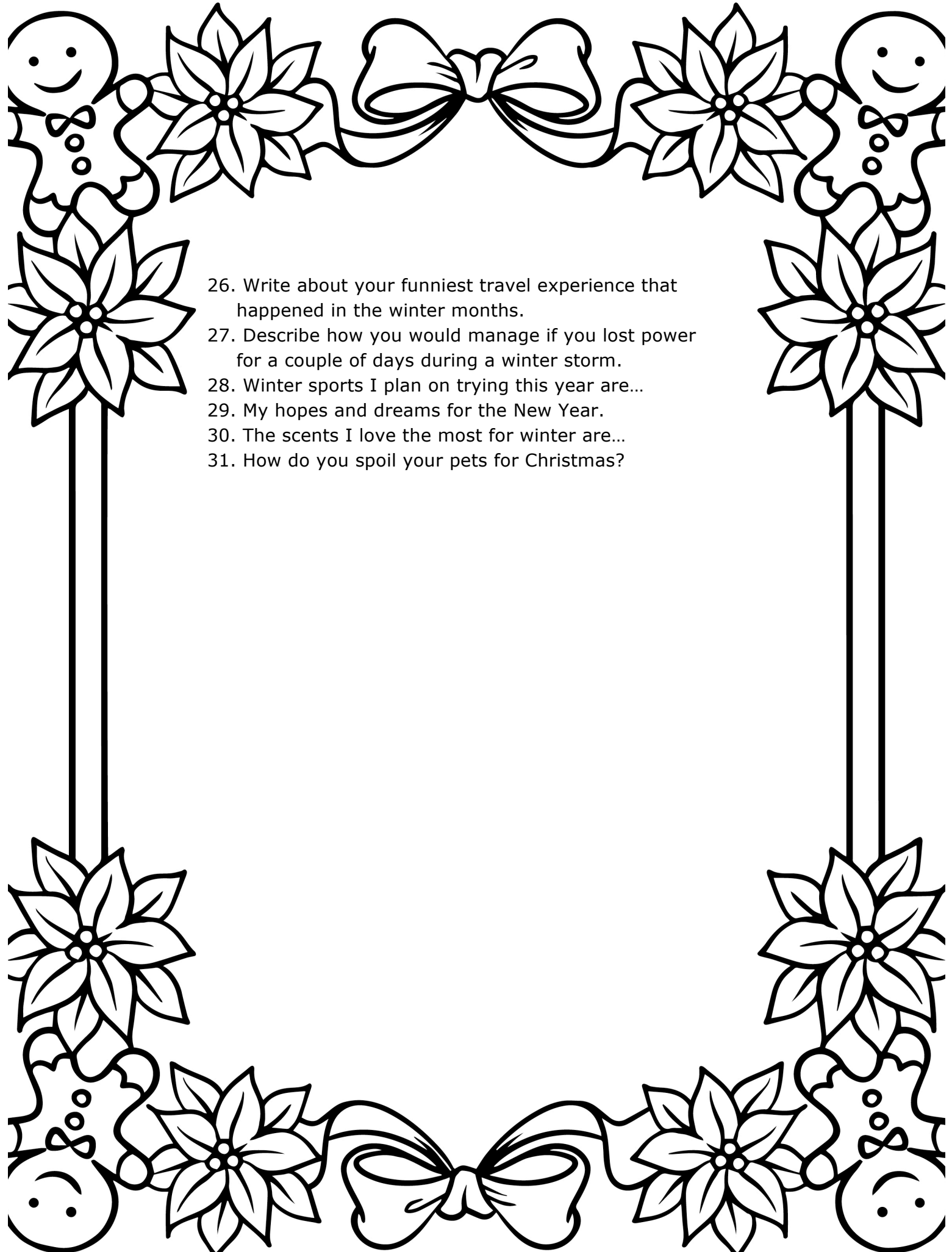




December Journal Prompts

1. I love December because...
2. Winter months make me think of...
3. My priorities for the holidays are...
4. My business goals for December include...
5. My favorite winter or Christmas music is...
6. Your best family tradition for December.
7. What would be the best surprise you could receive?
8. My ideal Christmas is...
9. Write out 5 tips that are going to keep you on track with a healthy eating plan.
10. What's your favorite time of the day?
11. List 3 comfort foods that you love at this time of year.
12. What person do you never get tired of seeing?
13. Is there someone that you will miss this month?
14. Your favorite Christmas movie.
15. What indulgence are you going to delight in this month?
16. Describe your ideal winter scene in detail.
17. How are you planning to decorate for the holidays?
18. Are you running any business offers? If so plan them out in detail.
19. My business to do list includes...
20. My personal to do & shopping list is...
21. My favorite holiday hot drink for December is...
22. What new food or recipe are you going to try this month?
23. My favourite winter sounds are...
24. If money was no object how would you spoil yourself & your family this holiday?
25. Watch your local Santa Claus parade and write a detailed description of it.



26. Write about your funniest travel experience that happened in the winter months.
27. Describe how you would manage if you lost power for a couple of days during a winter storm.
28. Winter sports I plan on trying this year are...
29. My hopes and dreams for the New Year.
30. The scents I love the most for winter are...
31. How do you spoil your pets for Christmas?