

GROUNDHER

December Journaling Prompts

A quiet page for closing the year with honesty and warmth.

WEEK ONE — NOTICING THE YEAR CLOSE IN

How does this December actually feel to me, compared to Decembers past?

What's different this year, and what's familiar?

WEEK TWO — HONEST REFLECTION

What's the most honest thing I could say about this year so far?

What am I still processing as the year winds down?

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WEEK THREE — WARMTH AMID THE BUSYNESS

Where have I found genuine warmth this month, even briefly?

What's one small comfort that's actually helped?

WEEK FOUR — CLOSING THE YEAR GENTLY

What do I want to release before the year ends?

What do I want to carry with me into whatever comes next?
