December Journal Prompts

31 Daily Prompts for December 2026

Sheet 1 of 2 · December 1–16

Find Your December Pace · Days 1–7

- [ ] 1. What would a good-enough December look like for you?
- [ ] 2. Which part of your everyday routine feels comforting lately?
- [ ] 3. What are you looking forward to this month, even if it is ordinary?
- [ ] 4. Where could you leave a little breathing room in your December plans?
- [ ] 5. What did you notice today that you might otherwise have rushed past?
- [ ] 6. What helps you feel at home during this time of year?
- [ ] 7. What is one small thing you are glad December has already brought?

Notice the Cozy Details · Days 8–14

- [ ] 8. What does a cozy day look like in your real life?
- [ ] 9. Which winter or December sound would you put in a memory jar?
- [ ] 10. What simple comfort can you make more room for this week?
- [ ] 11. When did you feel a little calmer this week?
- [ ] 12. What do you appreciate about the light where you live in December?
- [ ] 13. What is a seasonal tradition you enjoy, would change, or would like to start?
- [ ] 14. How can you make an ordinary evening feel more like your own?

People & Small Kindnesses · Days 15–16

- [ ] 15. Who made an ordinary day easier for you this year?
- [ ] 16. What kind of kindness feels meaningful to receive?