December Journal Prompts

31 Daily Prompts for December 2026

Sheet 2 of 2 · December 17–31

People & Small Kindnesses · Days 17–21

- [ ] 17. How do you want to show care without stretching yourself too thin?
- [ ] 18. What are you grateful for about the place you return to?
- [ ] 19. Which conversation from this month would you like to remember?
- [ ] 20. Where would a gentle boundary help you during a busy season?
- [ ] 21. What quiet kindness did you notice recently?

Holiday Moments & Year-End Memories · Days 22–28

- [ ] 22. Which December moment deserves its own little page?
- [ ] 23. How is this season actually feeling to you right now?
- [ ] 24. What do you want to remember about today, exactly as it is?
- [ ] 25. What mattered most about today, regardless of how you spent it?
- [ ] 26. What are you thankful you did not have to do this month?
- [ ] 27. What surprised you about the way this December unfolded?
- [ ] 28. Which memory from 2026 feels warmer when you revisit it?

A Gentle Bridge to January · Days 29–31

- [ ] 29. What is one thing from 2026 you would like to carry with you?
- [ ] 30. What would you like to make room for in January, without making a resolution?
- [ ] 31. What would you like to say to the year before it ends?