

# Use this journal to record your feelings throughout the holiday season.

# What is a new holiday tradition you want to start this year?

# What are some goals you have for the holiday season?

# How do you help your community during the holidays?


# How are you teaching your kids about giving?

# Describe your earliest holiday memory from childhood.


# What holiday traditions are underrated?

# What holiday traditions are overrated?


# What do you hope will be different this holiday season?

# What are some things you are looking forward to with family?


# Do you have any holiday traditions with your friends?

# What are you putting on your bucket list for the holidays?

# If you could receive any gift for Christmas, what would it be?

#### What is a gift you always wanted, but never received?

#### Do you have plans for the New Year?

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#### What are your favorite types of decorations?

# What was the best handmade gift you ever received?


#### What is the best handmade gift you made for someone else?

# How do you set your budget for holiday shopping?

# Do you participate in Black Friday shopping?


#### Are there holiday traditions you feel are outdated?

# What holiday festivities do you want to bring back?


# How will you focus on your physical health this holiday season?

# How will you focus on your mental health this holiday season?


### What are you trying to be more thankful for?

# What are you manifesting this holiday season?

# Write a holiday letter to the first person who comes to mind.

### How are you balancing productivity with festivities?


# How soon do you begin preparing for the holidays?

#### Do you send out holiday pictures and cards?


# What do you want to work on for next year?