

JOYFUL REFLECTIONS

30 Holiday

JOURNAL PROMPTS TO HELP
YOU SAVOR THE SEASON



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Introduction

Creating the Holiday Season You Truly Want

As the holiday season approaches, it's easy to slip into the familiar rush - gifts to buy, meals to plan, family to visit, and endless to-dos. It's a joyful time, but often filled with stress, leaving little room to savor the special moments that truly matter.

But this year, what if you could make it different?

By taking time to pause and reflect on what you truly want from the season, you can design a holiday that's intentional, calm, and filled with meaning. The holidays don't have to be dictated by the calendar. You have the power to shape them in a way that aligns with your values and priorities.

One of the most powerful tools you can use to reflect and plan is journaling. A few quiet minutes with pen and paper can help you gain clarity on what worked in previous years, what you'd like to leave behind, and what new traditions you want to start. It's a simple yet effective way to ensure your holiday celebrations reflect your deepest wishes.

Instead of rushing headlong into the season, try journaling your way into a holiday that is nourishing, joyful, and uniquely yours.



These 30 journal prompts are designed to help you reflect on your holiday traditions, set meaningful intentions, and create a more thoughtful, joyful season. Take a few minutes each day to explore the prompts, and by the end of the season, you'll have a treasure trove of reflections that will make this holiday season one to remember.

1. What is a new holiday tradition you want to start this year?
2. What are some goals you have for the holiday season?
3. How do you help your community during the holidays?
4. How are you teaching your kids about giving?
5. Describe your earliest holiday memory from childhood.
6. What holiday traditions are underrated?
7. What holiday traditions are overrated?
8. What do you hope will be different this holiday season?
9. What are some things you are looking forward to with family?
10. Do you have any holiday traditions with your friends?
11. What are you putting on your bucket list for the holidays?
12. If you could receive any gift for Christmas, what would it be?
13. What is a gift you always wanted, but never received?
14. Do you have plans for the New Year?
15. What are your favorite types of decorations?



16. What was the best handmade gift you ever received?
17. What is the best handmade gift you made for someone else?
18. How do you set your budget for holiday shopping?
19. How do you feel you will take care of yourself during this holiday season?
20. Are there holiday traditions you feel are outdated?
21. What holiday festivities do you want to bring back?
22. How will you focus on your physical health this holiday season?
23. How will you focus on your mental health this holiday season?
24. What are you trying to be more thankful for?
25. What are you manifesting this holiday season?
26. Write a holiday letter to the first person who comes to mind.
27. How are you balancing productivity with festivities?
28. How soon do you begin preparing for the holidays?
29. Do you send out holiday pictures and cards?
30. What do you want to work on for next year?



Bonus: End-of-Year Journal Prompts

As the year comes to a close, it's important to reflect on the months gone by and set your sights on the year ahead. Below are a few prompts to guide your year-end reflection.

👉 Get more year-end journaling prompts and tips [HERE](#).

Reflect, Rest, and Rejoice

By taking the time to journal through the prompts in this ebook, you're already on your way to creating a more meaningful, mindful holiday season. You've set your intentions, reflected on your past, and planned for the future.

Journaling is a simple but powerful practice that can guide you to the holiday season you truly want. Use it to reflect, release stress, and fully embrace the joy of the season.

ABOUT THE AUTHOR

MIRA DESSY



Hi, I'm Mira Dessy, also known as *The Ingredient Guru*. I'm a certified Nutrition Educator, author, and holistic nutritionist. After overcoming multiple autoimmune disorders by making thoughtful dietary changes, I now dedicate my work to helping others navigate the complexities of food labels and make more informed choices for better health.

I'm the author of *The Pantry Principle*, a guide designed to help you understand what's really in your food, so you can make choices that align with your health goals.

Through my platform, TheIngredientGuru.com, I offer consultations, workshops, and resources to empower individuals like you to take control of your health by embracing mindful eating and making sustainable lifestyle choices.