



Journal

What are you grateful for during the holidays?

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In three words, describe how December makes you feel.

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What's your favorite holiday memory?

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What's your favorite holiday scent and why?

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What's one challenge you overcame this month?

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What did this challenge teach you?

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Name 2 healthy habits that have improved your physical health.

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Name 2 healthy habits that have improved your mental health.

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What's the best gift you've given to someone that didn't cost any money?

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What's the best gift you've received from someone that didn't cost any money?

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Is there a specific holiday tradition that you want to pass down?

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What's your favorite way to give back during the holidays?

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