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WRITING PROMPTS FOR SELF CARE

*during the holidays*



1. What is your favorite holiday memory from your childhood?
2. How do the holidays make you feel now?
3. Write a letter to Santa.
4. What's your favorite holiday recipe? When was the first time you tried it, and where did it come from?
5. Is there anything that's got you feeling a little worried, concerned or fearful today?
6. What are some of the best gifts you've ever given and/or received?
7. In what ways are you a different person now in comparison to this time last year?
8. At what time of day do you feel most energized and motivated? What do you do at this time?
9. What's one thing you learned this year?
10. What holiday traditions would you like to start?
11. What would your ideal holiday feast look like?
12. In what way(s) will/did you nourish your mind, body and soul today?
13. Is there anything about the holidays that makes you feel stressed?
14. What's one area you'd like to see yourself grow in next year?
15. What's THE ONE thing you're going to commit to accomplishing today?
16. What was the last meal you ate? How did it make you feel?
17. What are some of your favorite holiday traditions/activities?
18. What's the last dream you remember having? Do you see any parallels to your day-to-day life?
19. Who is someone who has come into your life this year that has had a positive impact on you?
20. Is there a person, habit, story or practice you think you need to let go of that's holding you back?
21. What activities help you to unwind?
22. What does giving back mean to you? In what ways do you give back, how would you like to in the future?
23. If you could be in the cast of any holiday movie, which one would it be?
24. Who is someone you currently feel inspired by and why?
25. What are 5 things you're most grateful for today?
26. What are some of the things you loved most about 2018?
27. In what areas of your life do you feel like you could use some support?
28. What's one thing that made you smile today (or yesterday)?
29. What's one long-term goal you have for yourself?
30. What are a few things you're most looking forward to in 2019?
31. How do you plan to ring in the new year?