

Goodbye Anxious

HOLIDAY GRATITUDE CHALLENGE

JOURNAL PROMPTS

- What is your favorite thing about the holidays?
- Write about a childhood holiday memory that makes you smile when you think of it!
- Who are you looking forward to seeing for the holidays and why?
- What was the best gift you ever received at Christmas?
- List 3 of your best thanksgiving memories!
- Where do you find the most inspiration and joy during the holidays?
- What was the best holiday you've ever had, what made it so great?
- List 7 things you're thankful for right now!
- What does Christmas mean to you?

