

Hey! I've put together this PDF for anyone who'd prefer to print the prompts off to save time handwriting them. There's also some extra info that might help if you get stuck at all.

If you want to share your journal pages, you can do so by posting a photo on Instagram using the hashtag #MGCDDecember and/or join us over on the 'MyGreenCow's Craft Party' Facebook group and sharing your photos in there!

A few things to keep in mind before starting..

- Though this is a 'challenge' don't pressure yourself if you aren't up for journaling one day! Skip a day, to two days in one. There's no real rules, it's meant to be fun, not stressful!
- The prompts are loose, take them as you see them. They are there to spark something in your mind, and help get the ball rolling.
- Be as creative as you like with decorating your pages. Personally for these challenges I give myself a page in my journal for each prompt. But that might be half a page of writing and the rest is decorative, or a whole page of writing with just a pretty border.
- If you wrote something personal that you don't want to share online that's totally fine. You could don't have to share a photo everyday, the option to share is there because it's always nice to see how everyone else is doing the challenge, and inspire one another in the process!
- If you are challenging yourself to do it everyday, maybe set aside some time every morning to do the written part, and then you can decorate the pages when you have some spare time. Alternatively you might just want to minimally decorate or not decorate at all, it's totally up to you!

Hopefully that's helped with any queries, but if you have any other questions please pop me a message on any of my social media and I'll do my best to help out.

Instagram @mygreencow

Twitter @mygreencow

Facebook - MyGreenCow's Craft Party

MyGreenCow's December Journal Challenge Prompts

1. December Bucket List
2. This year I learnt
3. Favourite festive foods
4. A letter to my past self
5. December movie night plans
6. Today's highlight
7. 5 things I look forward to every Christmas
8. Home is...
9. Favourite Christmas quote
10. Next year I'd like to try...
11. Christmas playlist
12. Memorable day from this year
13. Smells that remind me of Christmas
14. My go to cosy clothing
15. Christmas wouldn't be the same without...
16. How I decorate the house for Christmas
17. Someone I am grateful to have met this year
18. A relaxed December day consists of...
19. Changes I would like implement into my life
20. Christmas dinner wouldn't be the same without...
21. A new Christmas tradition
22. One small goal for next year
23. Best childhood Christmas memory
24. Favourite Christmas Eve tradition
25. Today went like this...
26. This Christmas I was most grateful for...
27. A fear I have overcome
28. This year I have achieved
29. A healthy habit for the new year
30. My favourite photo from this Christmas
31. Next year I am looking forward to..