

# Winter Journal Prompts



1. What does winter symbolize in your life right now?
2. How do you feel about slowing down and resting during winter?
3. What did you learn about yourself this past year?
4. In what ways have you grown emotionally or spiritually?
5. What are you holding onto that you're ready to release before the new year?
6. What makes you feel safe, warm, and at peace in winter?
7. Describe your perfect winter day in detail—what do you see, smell, hear, and feel?
8. What are your favorite winter rituals or traditions?
9. How do you create a sense of comfort at home during the winter?
10. What does "home" mean to you in this season?
11. What word or theme do you want to guide you in the new year?
12. What are three things you want to start doing this winter?
13. What's something you want to leave behind in the old year?
14. What strengths will you carry with you into the next chapter?
15. What small daily habit could make a big impact on your well-being this season?
16. How do you respond to silence or solitude?
17. When do you feel most peaceful in the winter?
18. What does your body need most during colder months?
19. How can you give yourself more rest and grace this season?
20. In what ways do you need to be gentler with yourself?
21. Imagine you're snowed in for three days—what do you do?