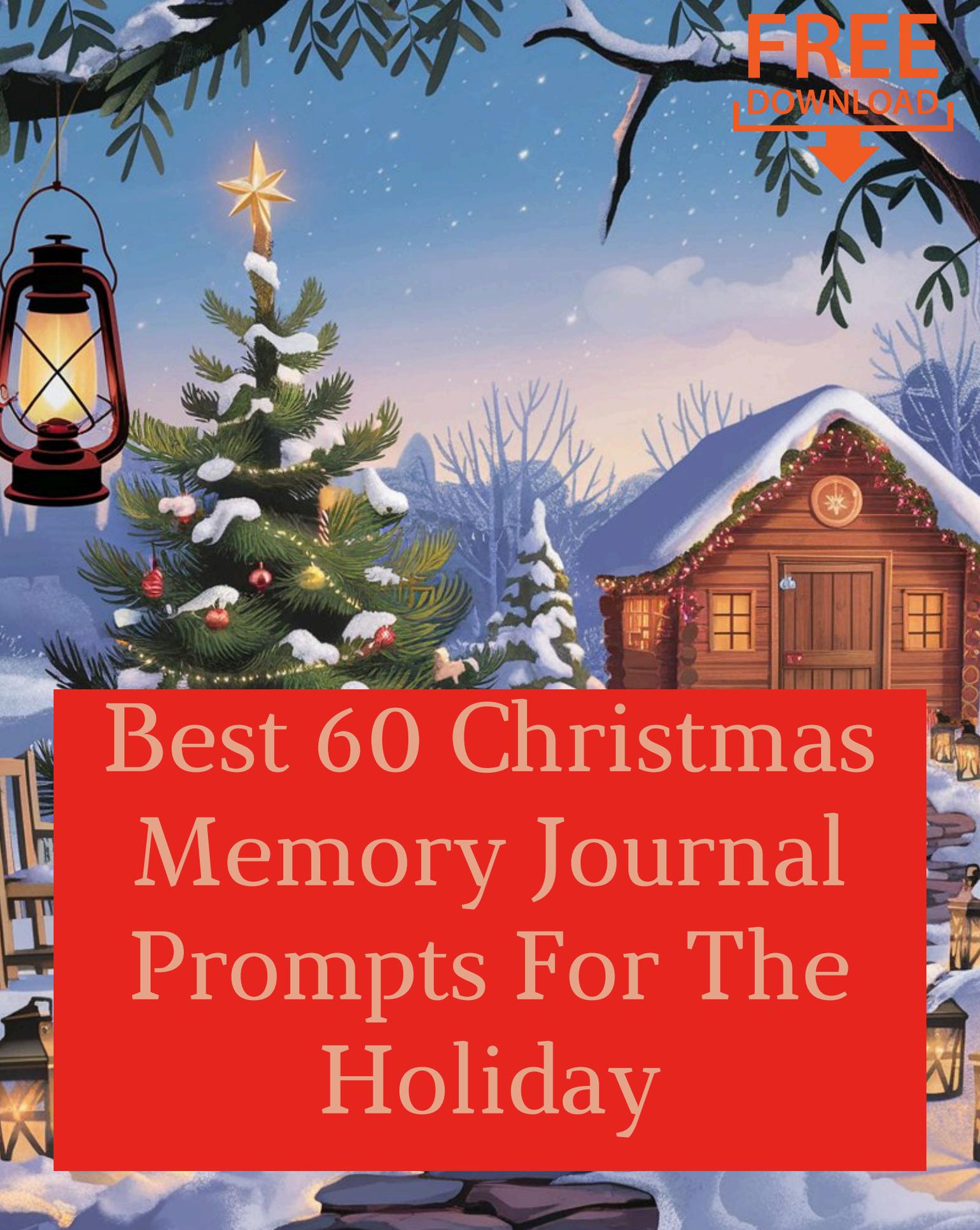


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**Best 60 Christmas
Memory Journal
Prompts For The
Holiday**

This Book Belongs To:

Morning ROUTINE

6 WORDS ABOUT YOU TODAY

- Make your bed
- 10 min meditation or bible read
- 5-10 mins stretch / walk / run
- Brush teeth & wash your face
- Change clothes
- Make your coffee or tea
- Make breakfast
- 10 min social media or news
- Desk cleaning / set up
- Review today's schedule
- Write to-do list for today
- Get your day started

AM TO-DO LIST

PM TO-DO LIST

WRITE SOMTHING NICE ABOUT YOU.

SHORT JOURNALING

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