365 Journal Prompts for a Year of Reflection

Start on any date and answer in your journal. Skip or adapt any question. Keep answers private or share only what you choose. On February 29, revisit a skipped prompt.

1. January 1: Describe where you're sitting right now as if it were the opening scene of a novel.

2. January 2: Choose three words you'd like to describe your year by next December.

3. January 3: List what you're carrying over from last year: habits, projects, jokes, a library book that is very overdue.

4. January 4: Which part of an ordinary weekday do you look forward to most?

5. January 5: What is one thing you do well and rarely get credit for?

6. January 6: Write about a decision from last year that turned out better than you expected.

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7. January 7: If this year were a chapter in a book, what would its title be so far?

8. January 8: What are you curious about that you haven't looked into yet?

9. January 9: Describe your morning in exact, unglamorous detail.

10. January 10: Choose three possessions that say something about your taste. What do they have in common?

11. January 11: What does a good Saturday look like for you this season?

12. January 12: Name an opinion you've changed in the past few years and what changed it.

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13. January 13: What would you like more of this year that can't be bought?

14. January 14: Write a note to yourself to open on December 31.

15. January 15: What's a rule you live by that you've never said out loud?

16. January 16: What has become easier in your everyday life over the past year?

17. January 17: List five things you'd like to try for the first time this year, from tiny to ambitious.

18. January 18: What do people come to you for: advice, recipes, recommendations, a laugh?

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19. January 19: Describe a skill you've had so long you forget you ever had to learn it.

20. January 20: Which plan have you postponed three times, and what keeps moving it?

21. January 21: Write about advice you chose not to follow and why.

22. January 22: If a friend summed up your current season of life in one sentence, what might they say?

23. January 23: What are you waiting on right now: an answer, a package, a change in the weather?

24. January 24: Which daily task would you hand off forever, and which would you keep even if you didn't have to do it?

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25. January 25: Write down a question you'd like to be able to answer by the end of this year.

26. January 26: What sound do you associate with winter where you live?

27. January 27: Describe the last time you lost track of time in a good way.

28. January 28: What's on your nightstand, and what does it say about this month?

29. January 29: Describe the most ordinary moment from this month that you'd like to remember.

30. January 30: What took up more of January than you expected?

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31. January 31: Reread a few January pages. Which answer surprised you?

32. February 1: Who was the first friend you remember choosing for yourself?

33. February 2: Describe a friend's laugh so precisely that someone could pick it out of a crowd.

34. February 3: What's the kindest thing a stranger has done for you?

35. February 4: What makes you feel listened to in a conversation?

36. February 5: Which of your friendships began in the most unlikely way?

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37. February 6: Who in your life is easiest to be quiet with?

38. February 7: List the people you'd call with good news before you'd even sat down.

39. February 8: What's a phrase you picked up from someone else and now use as your own?

40. February 9: Describe a tradition you share with one particular person.

41. February 10: Who taught you something practical, like how to parallel park or fold a fitted sheet?

42. February 11: Write a thank-you note to someone you've lost touch with. Sending it is optional.

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43. February 12: What quality do you admire in a friend that you'd like to develop yourself?

44. February 13: What's the best gift you've ever received, judged by thoughtfulness rather than price?

45. February 14: Describe how you like to show affection and how you like to receive it.

46. February 15: Who makes you laugh hardest, and what kind of humor do you share?

47. February 16: Which neighbor, barista, or coworker would you miss if they moved away?

48. February 17: Write down an inside joke that would take ten minutes to explain.

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49. February 18: Write about someone older than you whose life you find interesting.

50. February 19: Who is someone younger than you who has taught you something?

51. February 20: What's a question you wish people asked you more often?

52. February 21: Plan an imaginary dinner for four guests, living or historical, and decide who sits next to whom.

53. February 22: Which friendship has changed shape over the years, and what has stayed the same?

54. February 23: What do you talk about with your oldest friend that no one else would follow?

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55. February 24: Write down a compliment from years ago that you still remember.

56. February 25: Who would you like to know better this year, and what could be a first step?

57. February 26: Describe a disagreement with someone you care about that ended with you understanding each other better.

58. February 27: Which letter, card, or message have you kept, and why that one?

59. February 28: Which two people in your life would you like to introduce, and what do you think they'd talk about?

60. March 1: What topic could you happily read about for an entire afternoon?

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61. March 2: List three things you've always wondered about but never looked up. Which would you investigate first?

62. March 3: What did you want to be at age eight, and what drew you to it?

63. March 4: Describe a subject you disliked in school that you might enjoy now.

64. March 5: What's the most interesting fact you learned in the last year?

65. March 6: If you could take one class with no grades, what would it be?

66. March 7: Which word do you love the sound of?

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67. March 8: Write about someone whose expertise fascinates you, even if you'd never want their job.

68. March 9: What's a hobby you've admired from the outside?

69. March 10: Describe the last time you were a beginner at something.

70. March 11: What would you ask a historian, a botanist, and a pastry chef if you had five minutes with each?

71. March 12: Which place have you read about many times but never seen?

72. March 13: What do you know a surprising amount about?

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Start on any date and answer in your journal. Skip or adapt any question. Keep answers private or share only what you choose. On February 29, revisit a skipped prompt.

73. March 14: Pick an object nearby and write what you'd need to learn to make it from scratch.

74. March 15: What did you believe as a child that turned out to be charmingly wrong?

75. March 16: Which museum exhibit, documentary, or podcast stayed with you longest?

76. March 17: Which two subjects would you like to study together, and where might they overlap?

77. March 18: Describe a mistake that taught you more than a success did.

78. March 19: What do you enjoy learning by trial and error rather than from instructions?

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Start on any date and answer in your journal. Skip or adapt any question. Keep answers private or share only what you choose. On February 29, revisit a skipped prompt.

79. March 20: List five questions about the town or city where you live.

80. March 21: Which skill do you see in other people without being able to figure out how they do it?

81. March 22: Write about a book or article that made you see something ordinary differently.

82. March 23: What's a tradition from another culture you'd like to understand better?

83. March 24: If your curiosity had a home base, would it be a kitchen, a library, a garden, or a workshop? Explain.

84. March 25: Write down a basic question you've never asked because you felt you should already know the answer.

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85. March 26: Describe the most memorable teacher you've had, in or out of a classroom.

86. March 27: What everyday thing would you like to understand from the inside: a zipper, the tides, sourdough?

87. March 28: What did you collect as a child, and what did it teach you?

88. March 29: Write about a time a single question changed the direction of a conversation.

89. March 30: What's one thing you'd like to learn this spring, and what is the smallest first step?

90. March 31: What did March teach you that you didn't plan to learn?

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91. April 1: What was the first thing you noticed when you stepped outside today?

92. April 2: Describe a smell that instantly takes you somewhere else.

93. April 3: List ten pleasant things in your life that cost nothing.

94. April 4: What's your favorite sound inside your home?

95. April 5: Describe today's weather for someone who lives in a very different climate.

96. April 6: Which food tastes like spring to you?

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97. April 7: Write about a texture you love: worn denim, cool sheets, a smooth stone.

98. April 8: What color have you been noticing lately?

99. April 9: Describe the light in your favorite room at three different times of day.

100. April 10: Which song changes your mood within the first few notes?

101. April 11: Which everyday object do you find unexpectedly beautiful?

102. April 12: Write about the best cup of coffee or tea you can remember and where you drank it.

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103. April 13: Which plant, tree, or flower do you watch for each year?

104. April 14: Look along a familiar route and write down three details you'd never noticed before.

105. April 15: Name a pleasure you've outgrown and one you've grown into.

106. April 16: Describe the best part of your day so far in exactly fifty words.

107. April 17: Which season of your life had the best soundtrack?

108. April 18: What's a little ritual that makes an ordinary task nicer?

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109. April 19: Write about a meal you've eaten outdoors.

110. April 20: Which window in your life has had the best view?

111. April 21: If you could take only one photograph today, what would it be?

112. April 22: Describe someone's handwriting that you would recognize anywhere.

113. April 23: Which ordinary sensation brings back a childhood memory, such as grass underfoot or a breeze through a car window?

114. April 24: Describe your hands at work on a familiar task such as chopping, typing, knitting, or writing.

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115. April 25: What's the most satisfying sound of a job finished?

116. April 26: Write about rain and where you like to be when it starts.

117. April 27: Which flavor do you love that most people you know don't?

118. April 28: Describe a moment this week when you weren't thinking about anything else.

119. April 29: What's a pleasant thing you tend to rush through?

120. April 30: In three sentences, write what April looked, sounded, and smelled like.

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121. May 1: Sketch or describe the floor plan of a home you lived in as a child.

122. May 2: What makes a place feel like home to you?

123. May 3: Which item in your home has the best backstory?

124. May 4: Describe your neighborhood to someone who has never visited.

125. May 5: Which place you've lived do you think about more than you expected to?

126. May 6: If you could add one room to your home, what would it be for?

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127. May 7: What's in your junk drawer, and which item are you oddly attached to?

128. May 8: Write about a kitchen you remember well.

129. May 9: Which spot in your town would you show a visiting friend first?

130. May 10: What would a visitor notice first at your front door?

131. May 11: Describe a home you visited as a guest that you still remember.

132. May 12: What's the best bench, porch, or stoop you've ever sat on?

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133. May 13: Which part of your daily route do you enjoy most?

134. May 14: Which piece of furniture has moved with you the most times?

135. May 15: Write about a move: what you packed first and what you found last.

136. May 16: What would your ideal reading nook include?

137. May 17: What's a local tradition from your hometown that would need explaining to a visitor?

138. May 18: Which chore do you find unexpectedly satisfying?

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139. May 19: Where do you go when you need to think?

140. May 20: Describe a library, bookstore, or café you'd return to every week.

141. May 21: If your home had a motto stitched on a pillow, what would it say?

142. May 22: What's one thing at home you'd like to make easier to find?

143. May 23: Write about a garden, balcony, windowsill, or patch of green you've tended or admired.

144. May 24: Which city or town would you live in for a year if logistics didn't matter?

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145. May 25: Describe what your street sounds like at night.

146. May 26: What do you like to have with you when you're staying somewhere unfamiliar?

147. May 27: Which home in a book, movie, or show would you most like to visit?

148. May 28: Write about a place that no longer exists: a restaurant, a shop, a building.

149. May 29: What's a household habit you inherited and kept?

150. May 30: How could your home better suit the life you actually live?

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151. May 31: Describe the place where you spent your favorite hour this month.

152. June 1: What did summer mean to you at ten years old?

153. June 2: What's your favorite game of any kind: card, board, video, or backyard?

154. June 3: Write about the last time you laughed so hard you couldn't talk.

155. June 4: Describe a perfect summer evening from the first hour to the last.

156. June 5: Which childhood toy would you happily buy again today?

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157. June 6: What do you do purely for fun, with no useful purpose whatsoever?

158. June 7: What would you put in a grab-and-go kit for your favorite kind of fun?

159. June 8: Which summer food do you look forward to all year?

160. June 9: List ten things that make you feel playful.

161. June 10: Which movie would you watch every summer if you could?

162. June 11: Describe a picnic: real, remembered, or invented.

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163. June 12: What's a silly talent you have?

164. June 13: What did you build or invent as a kid?

165. June 14: Plan your ideal road-trip snack lineup.

166. June 15: Which outdoor activity would you enjoy trying just for the experience?

167. June 16: What makes a party fun for you as a guest?

168. June 17: Describe a summer job, chore, or routine you remember.

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169. June 18: Describe a sport or activity you love watching, even if you'll never play it.

170. June 19: Invent a holiday that should exist in June and describe how people celebrate it.

171. June 20: What were you great at as a kid that you haven't done in years?

172. June 21: Write about a pool, lake, beach, sprinkler, or creek from your past.

173. June 22: What would you put in a time capsule of this summer so far?

174. June 23: Who is the most playful person you know, and what do they do differently?

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175. June 24: Describe your ideal ice cream order and defend every choice.

176. June 25: What would you do with an extra hour of daylight every day this week?

177. June 26: Write about a time you said yes to something spontaneous.

178. June 27: Which hobby would you pick up if it came with a ready-made group of friends?

179. June 28: Design a summer camp for grown-ups: the activities, the schedule, and the cabin rules.

180. June 29: Which song would you put on a summer playlist for your teenage self?

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181. June 30: What was the most fun part of June?

182. July 1: What's the farthest you've ever been from home?

183. July 2: Describe a trip that went wrong in a way you now enjoy telling.

184. July 3: Which place would you return to, and what would you do differently there?

185. July 4: What does independence look like in your everyday life?

186. July 5: Write about a time you took a wrong turn and found something interesting.

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187. July 6: If you could spend a week anywhere, where would you go, and how would you spend the first morning?

188. July 7: What's the most interesting place within an hour of home that you haven't visited?

189. July 8: Describe a souvenir that means more than it cost.

190. July 9: What's something brave you did that no one else noticed?

191. July 10: Write about a local festival, fair, or celebration.

192. July 11: What do you always pack that no one else seems to?

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193. July 12: Which language or accent do you love hearing?

194. July 13: Describe a meal you ate somewhere new.

195. July 14: What's a one-hour adventure you could have this week?

196. July 15: Write about a stranger you met while traveling or out on an ordinary errand.

197. July 16: If you could visit another decade for a month, which would you choose?

198. July 17: What tells you it's time to head home from an outing?

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199. July 18: Describe a map you remember: a road atlas, a subway map, a hand-drawn map to a party.

200. July 19: What kind of traveler are you: planner, wanderer, or the one who finds the best bakery first?

201. July 20: Write about the longest walk you've ever taken.

202. July 21: Which place surprised you by being better than expected?

203. July 22: Which postcard would you send today, and to whom?

204. July 23: Describe a sunset or sunrise you remember from a specific place.

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205. July 24: With a bike, a bus pass, and a free Saturday, where would you go?

206. July 25: What's an adventure you'd like to share with one particular person?

207. July 26: Write about a time you were the newcomer.

208. July 27: Which book, film, or photo made you want to go somewhere?

209. July 28: From a window or an outdoor spot, describe tonight's sky.

210. July 29: What's something you've done alone that you were glad you did?

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211. July 30: What would you ask a local about a place beyond its best-known sights?

212. July 31: What adventure, large or tiny, did July bring?

213. August 1: What's your earliest memory? Describe it in as much detail as you can.

214. August 2: Write down a story you've heard told at family gatherings more than once.

215. August 3: What did a typical weekday look like in your childhood home?

216. August 4: Which relative or family friend would you like to interview, and what would you ask?

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217. August 5: Choose a childhood photo and write what you remember about the day beyond the frame.

218. August 6: Which recipe would you want handed down from your family or friends?

219. August 7: Write about a birthday you remember.

220. August 8: What's a word or nickname that only your family uses?

221. August 9: Which school year do you remember most clearly, and why?

222. August 10: What was on the walls of your room as a teenager?

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223. August 11: What's something your grandparents' generation did that you'd like to bring back?

224. August 12: Write about a car ride you remember from childhood.

225. August 13: When you were little, what did you think adults did all day?

226. August 14: Describe a holiday from your childhood through the senses: what you saw, heard, tasted, and smelled.

227. August 15: Which mannerism or turn of phrase do you share with someone in your family?

228. August 16: What's a story about you that other people tell better than you do?

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229. August 17: Write about a time you felt proud as a kid.

230. August 18: Which heirloom, valuable or completely ordinary, would you like to keep in the family?

231. August 19: What was the best part of the first apartment, dorm, or room you had on your own?

232. August 20: Describe a childhood friend and what the two of you did together.

233. August 21: What's a lesson you learned by watching someone rather than being told?

234. August 22: Write about a harmless childhood mix-up that still makes you laugh.

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235. August 23: Which year of your life would you like to revisit for a single day?

236. August 24: What piece of family history would you like to know more about?

237. August 25: Describe the first thing you remember buying with your own money.

238. August 26: Which memory do you enjoy returning to, and what detail comes back first?

239. August 27: Write about a meal that was the center of a big occasion.

240. August 28: At sixteen, what did you imagine your life would look like now?

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241. August 29: Which memory would you like to write down before the details fade?

242. August 30: What's a story you'd like someone younger to know about you?

243. August 31: Choose one entry from this month and add a detail you remembered later.

244. September 1: What was your first job, and what did it teach you?

245. September 2: Describe your workday, paid or unpaid, in five sentences.

246. September 3: What kind of work leaves you tired but satisfied?

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247. September 4: Who was the best boss, mentor, or coach you've had, and what made them good?

248. September 5: What's a skill you've built through practice rather than natural talent?

249. September 6: If you could shadow anyone at work for a day, whose job would you pick?

250. September 7: Write about a project you're proud of finishing.

251. September 8: Describe your ideal workspace: the desk, the chair, the light, the view.

252. September 9: Which school supplies did you love?

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253. September 10: If you had to teach a one-hour class tomorrow, what would the subject be?

254. September 11: Describe how you get started when you don't feel like starting.

255. September 12: What part of your work would surprise someone who has never done it?

256. September 13: Write about a time asking for help made the work better.

257. September 14: Which tool, app, or method makes your days easier?

258. September 15: What job would you try for one year in an alternate life?

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259. September 16: Describe the moment your workday officially ends.

260. September 17: What do you know how to do that you'd like to pass on to someone?

261. September 18: Which of your habits started as a necessity and became a preference?

262. September 19: Which task would you rather do with a partner, and which do you prefer doing on your own?

263. September 20: Write about a coworker, classmate, or volunteer partner who made things more fun.

264. September 21: State a goal for the next three months in one sentence.

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265. September 22: Describe a time you were good at something before you felt confident at it.

266. September 23: What does a productive day look like to you? What about a satisfying one?

267. September 24: Which meeting, errand, or routine could be shorter, and how?

268. September 25: What do you make with your hands?

269. September 26: Write about the best advice you've received about work.

270. September 27: If you could redesign your weekly schedule from scratch, what would go first?

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271. September 28: What does rest look like during your busiest weeks?

272. September 29: What's the most useful thing you've learned from a video, a manual, or a helpful stranger?

273. September 30: What did September's work, of every kind, add up to?

274. October 1: What book did you read over and over as a child?

275. October 2: Which fictional character would you want as a neighbor?

276. October 3: Describe the setting of a story you'd like to write, without worrying about the plot.

365 Journal Prompts for a Year of Reflection

Start on any date and answer in your journal. Skip or adapt any question. Keep answers private or share only what you choose. On February 29, revisit a skipped prompt.

277. October 4: Think of a book ending you enjoyed but found wrong for the story, or a fitting ending you disliked. What explains the difference?

278. October 5: Write the first line of a mystery about a misplaced invitation.

279. October 6: Which book would you recommend to someone who shares one of your interests?

280. October 7: What's the best title for a book you haven't written?

281. October 8: Describe a scene from a book that you can picture more clearly than some of your own memories.

282. October 9: If your life this month were a genre, which one would it be?

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283. October 10: Write a short scene in which two strangers meet on a train.

284. October 11: Which author would you most like to have coffee with, and what would you ask first?

285. October 12: Which book have you abandoned, and what made you stop?

286. October 13: Invent a little town and name three businesses on its main street.

287. October 14: What's your favorite fairy tale or folktale, and what do you think it's really about?

288. October 15: Describe a book cover you love.

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289. October 16: Write a letter from a character in one book to a character in a completely different book.

290. October 17: What's a book you disliked that you still think about?

291. October 18: Which fictional meal would you most like to eat?

292. October 19: Write a friendly ghost story set in your kitchen.

293. October 20: What would the opening paragraph of your autobiography say?

294. October 21: Which genre do you avoid, and what might change your mind?

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295. October 22: Invent a character inspired by a detail you noticed in a public place today.

296. October 23: What's a word you learned from a book before you ever heard it said aloud?

297. October 24: If you could spend a day inside any book, which chapter would you choose?

298. October 25: Make up a legend about how your street or town got its name.

299. October 26: Write a six-word story about this week.

300. October 27: Which poem or passage do you remember for its rhythm rather than its meaning?

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301. October 28: Describe a costume you wore or wish you had worn.

302. October 29: Write an alternate ending to a movie you've seen too many times.

303. October 30: What's on your to-read list, and which title keeps getting skipped?

304. October 31: Which story, read or written, did you enjoy most this month?

305. November 1: What do you use every day that you'd miss the moment it vanished?

306. November 2: Write about someone who made a hard week easier without being asked.

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307. November 3: Which modern convenience would have astonished you as a child?

308. November 4: Describe a meal someone made for you.

309. November 5: Whose skill do you benefit from regularly without thinking about it?

310. November 6: Which public place do you appreciate: a park, a library, a well-kept sidewalk?

311. November 7: Write about a lucky break you had.

312. November 8: What's something you're glad you didn't get?

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313. November 9: Who has been generous with their time for you?

314. November 10: What's a way you like to give that doesn't involve money?

315. November 11: Describe a neighbor, coach, or community member who made your area a better place.

316. November 12: Which humble tool would you thank if tools could hear?

317. November 13: Write about a time someone returned something you'd lost.

318. November 14: When has sharing something made it more enjoyable for you?

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319. November 15: Which season, kind of weather, or time of day are you grateful for this year?

320. November 16: Who would you thank for a habit you have now?

321. November 17: What's a recent piece of good news, yours or someone else's?

322. November 18: Write about a gift you loved giving.

323. November 19: Describe a mistake of yours that someone handled kindly.

324. November 20: What useful thing did you receive secondhand, and what has it made possible?

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325. November 21: What do you have now that you once hoped for?

326. November 22: Write about a favor you'd like to return.

327. November 23: Which book, song, or show kept you company through a long week?

328. November 24: What supplies, books, or tools could you share with someone who would use them?

329. November 25: Describe a moment of hospitality you received.

330. November 26: What's something you once took for granted that you notice with appreciation now?

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331. November 27: Which dish, custom, or story would you contribute to a Thanksgiving meal or another fall gathering?

332. November 28: Who are you grateful for but have never told? Write what you'd say.

333. November 29: What kind of help do you find easiest to accept from someone else?

334. November 30: Write three thank-yous from November: one for a person, one for a place, one for a thing.

335. December 1: Describe this year in one paragraph for someone who missed it entirely.

336. December 2: Which month of prompts was easiest to answer, and which made you think hardest?

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337. December 3: List the books, movies, and songs that defined your year.

338. December 4: What's a new thing you tried this year?

339. December 5: Describe a day from this year you'd happily repeat.

340. December 6: Who did you get to know better this year?

341. December 7: Which moment from this year still makes you laugh?

342. December 8: Which plan didn't happen, and how do you feel about that now?

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343. December 9: Write about the most beautiful place you saw this year.

344. December 10: What surprised you about yourself this year?

345. December 11: Which invitation would you be glad to receive before the year ends?

346. December 12: Describe a winter tradition you look forward to.

347. December 13: What did you learn this year that you'll keep using?

348. December 14: Which conversation from this year do you remember best?

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349. December 15: What would you happily leave behind in this year?

350. December 16: Describe your favorite photo from this year.

351. December 17: What's a decision you're proud of making this year?

352. December 18: Return to the question from January 25, or choose a question you've carried this year. What answer can you give now?

353. December 19: Which ordinary purchase did you get the most use or enjoyment from this year?

354. December 20: Who would you like to make more time for next year?

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355. December 21: How has your definition of a good year changed since January?

356. December 22: What did you start this year that you'd like to keep doing?

357. December 23: Write about a calm moment in a busy season.

358. December 24: Describe the scene around you this evening, including one detail you might otherwise forget.

359. December 25: What was the best moment of today, and who was there, if anyone?

360. December 26: Describe a winter walk, real or planned, starting from the first step outside.

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361. December 27: Reread a few favorite pages from this year and copy out one sentence you like.

362. December 28: On January 2, you chose three words for this year. How close did the year come to them? Choose three for next year.

363. December 29: List twelve things you'd like to try next year, one for each month.

364. December 30: What do you want to remember most about this year?

365. December 31: Open the note from January 14 and write a reply. If you didn't write one, leave a note for next December.