Winter Journal Sheet



By Synergy Body & Mind

Winter Journal Sheet

Looking back over this year, which moments am I most thankful for?

Who has brought warmth or joy into my life recently?

What little everyday comforts do I sometimes take for granted?

What challenges have taught me something valuable this year?

What festive expectations can I give myself permission to let go of?

How can I show appreciation to someone this season?

What simple moments would I love to make more time for?

Gratitude isn't about having everything.
It's about recognising what already makes life meaningful.