



DECEMBER

Journal & Meditation Prompts

Comfort and Joy



1. What does comfort mean to you?
2. What does joy mean to you?
3. What does daily comfort look like? feel like?
4. What does daily joy look like? feel like?
5. What part of your day brings you the most comfort?
6. What part of your day brings you the most joy?
7. Where did you find the most comfort and joy this week?
8. What gives your physical self the most comfort?
9. What gives your physical self the most joy?
10. How do you seek out physical comfort for your self?
11. How do you seek out physical joy for your self?
12. What three things bring you the most physical comfort?
13. What three things bring you the most physical joy?
14. How did you bring comfort & joy to your physical self this week?
15. What people bring you the most comfort?
16. What people bring you the most joy?
17. Where do you find the most comfort in the external world?
18. Where do you find the most joy in the external world?
19. How would your heart like to bring more comfort the world?
20. How would your heart like to bring more joy into the world?
21. How can you bring more comfort and joy to the world tomorrow?
22. What does comfort and joy feel like to your spiritual self?
23. What brings comfort to your spiritual self?
24. What brings joy to your spiritual self?
25. Reflect on comfort and joys of the past. Be present with emotions.
26. How do you find comfort in busy times?
27. How do you find joy in stressful times?
28. Linger over moments of great comfort from this past year.
29. Saturate yourself with one joyful memory from this year.
30. What would bring you the most comfort in 2023?
31. What would bring you the most joy in 2023?

