



Holiday Prompts

'Tis the season to process all this hustle-and-bustle! Flip through these prompts and choose a few for the week. Then follow where the writing leads you.

Journaling will help us stay on top of the holidays. We do this to get a good view of our life, see what's working and what's not, and process our feelings. And if we're people of faith, we just might catch a glimpse of the Divine along the way.

And if you need any specific help (supplies, pens, journal brands, etc) shoot me a question. Let's talk about it.

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Try these prompts!

- Some of our richest memories come from shared holiday experiences. Write about those moments of connection, and identify a few of this year's memory-making holiday events.
- Much of the holiday magic happens in childhood. Spend some time writing out a few childhood traditions, and the impact they had on your development.
- Who do you want to see over the holidays? Make a list in your journal and be intentional about setting aside time with them.
- The holiday season can be particularly meaningful for those of faith traditions. Write a bit about the spiritual significance of the holidays for you, and how you will integrate your faith into these days.
- For many, the holidays bring a focus on connecting with family. Reflect a bit about your family dynamics, and how you can be intentional in these weeks.
- As the year ends, reflect on how you've grown or changed since the last holiday season. Write out challenges, achievements, special events, and key memories.
- For many, the holidays bring a pressure to be extra happy and joyful. But joy can be a quiet emotion. What aspects of the holidays bring you simple delight?
- Oftentimes, personal loss or future anticipation overshadow our holiday season. Give yourself moments of quiet reflection to acknowledge these dynamics. Spend some in introspective writing as you do.
- What about the stress? Write a list of coping strategies that will help you have resilience this season. And then enjoy these weeks as much as you can.
- With the new year right around the corner, spend some time writing about any goals or dreams you have for the future.
- The holidays bring a certain pressure for decor, events, and ourselves to be perfect. But we are not perfect beings. Spend some time reflecting on the beauty of wonky holidays, and brainstorm ways you can show up authentically during these weeks.

For more Inspiration!

Analogue: A Field Guide for the Soul

Analogue is Mandy's bi-monthly publication that brings together self-care and soul-care through journaling. If you are:

- looking for ways to live both plugged in and pulled back from the digital age
 - craving moments that connect with your soul, while staying engaged in the practical
- ...then Analogue is for you!

Learn more: mandythompson.com/analogue

SoulSpace Newsletter

For those who:

- want to find a soul-care routine that works with your personality
- need a way to process (and capture) your own spiritual journey

Get into: mandythompson.com/soulspace

Stay in touch with Mandy here!

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*Let's stay
in touch!
~Mandy*