

DECEMBER SANITY JOURNAL

31 things to
think, write, or
do in December
so you won't lose
your fucking
mind.

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Do a brain dump, right here, on this page. What's everything you need or want to get done in December?

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2

But actually, what's
the one most
important thing you
need to do, **RIGHT NOW?**

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3

Name one real person who makes you
feel this feeling:

HAPPY

BONUS: What is one thing you can do right now
(or today) to honor the way this person makes
you feel happy?

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4

BUT. JUST ONE MORE TIME. FOR PRACTICE:

What's the most
important thing,
RIGHT NOW?

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5

STAND UP AND STRETCH.

Do it now, right now, the first time you read these words.

DO IT.

OK, now get a piece of tape, and tape this piece of paper somewhere in your room or office.

Every time you see this paper, for the rest of the month of December, stand up and stretch.

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Name one real person who makes you
feel this feeling:

OVERWHELMED

BONUS: Can you identify one thing in particular about this person, or your relationship, that makes you feel overwhelmed? Write that down.

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7

Set a timer for 1 minute. Then,

**CLOSE YOUR EYES AND
JUST LISTEN.**

DO IT.

Now write down any/every sound you heard:

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GIVE YOURSELF A HUG.

Sounds weird. It really does.

DO IT ANYWAY.

Stand up, stretch your arms wide, as far as you can reach, and then wrap your arms around yourself in a great big bear hug. Do it three more times.

DO IT.

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Name one real person who makes you
feel this feeling:

SMART

BONUS: What is one thing you can do right now
(or today) to prove to yourself that you are, in
fact, **SMART**?

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10

DOODLE.

Set a timer for 60 seconds and just doodle on this blank page.

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11

Name one real person who makes you
feel this feeling:

ATTRACTIVE

BONUS: Go stand in front of a mirror and say it
out loud, "I am attractive." And then believe that
it's true. Because it fucking is.

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12

DITCH SOMETHING.

Just one thing:

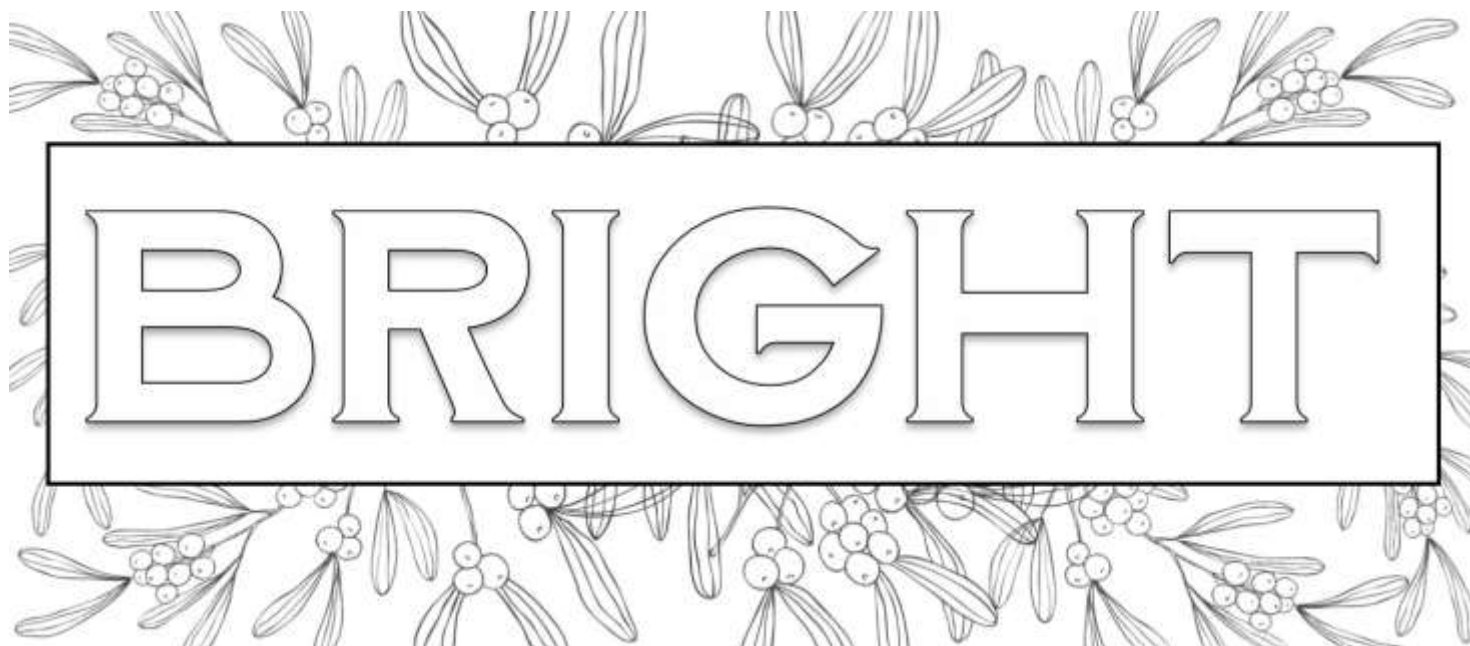
YOU CAN DO IT.

Write down one thing from your to-do list that you are not going to do. You are deciding not to do this one thing because this one thing is both stressful and unimportant. Maybe it's an expectation. Maybe it's a habit. Just one thing. Write it down, and let it go.

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13

COLORING TIME.



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14

Name one real person who makes you
feel this feeling:

GUILTY

BONUS: Write the words about why this person makes you feel guilty. What is it about? Write it down. You can burn this paper or tear it up afterward, but if you write it down, you might find a way to resolve the problem. Seriously.

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15

DO A "5 WHYS" EXERCISE.

Think of one thing on your to-do list.

JUST ONE THING.

Then ask yourself "why" five times, all about that same thing. Why are you doing this exercise? Because it will help you do whatever you're doing on purpose—or help you identify that doing whatever you're doing is stupid and unnecessary.

HERE'S AN EXAMPLE.

"Today I am going to the grocery. Why? To buy groceries. Why? Because I need X, Y, and Z. Why? To make A, B, and C. Why? So I can eat dinner with my family tonight. Why? Because I am the person who cooks dinner, and I enjoy eating with my family." Or whatever.

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16

Your to-do list has gotten
overwhelming again? Of
course it has. So focus:
What's most important,
RIGHT NOW?

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17

Name one real person who makes you
feel this feeling:

POWERFUL

BONUS: What is one thing you can do right now
(or today) to use your power for good, in a way
that would make that person proud?

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18

COLORING TIME.



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19

Name one real person who makes you
feel this feeling:

ACCEPTED

BONUS: Name the part of yourself or your
personality that this person accepts that you
believe other people do not.

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20

STAND UP AND STRETCH.

Do it now, right now.

DO IT.

Because you didn't tape the piece of paper to the wall the first time, did you? And even if you did, you've taken it down because you're cleaning house or figured you were finished with that, or something. So do it again, right now.

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21

If you could keep only one lesson learned in 2021, what would it be?

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22

Name one real person who makes you
feel this *feeling*:

BRAVE

BONUS: Imagine this person is standing next to
you, right now. What is one thing you've been
avoiding doing that you now feel brave enough
to do, with this person at your side?

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23

CLOSE YOUR EYES AND
COUNT TO 10.

Do it now, right now, the first time
you read these words.

DO IT.

When you open your eyes, fix your
gaze on something that doesn't move
(chair, lamp, table, pen...) and take
three deep breaths.

(YEP. THAT'S IT. THAT'S THE ENTIRE ASSIGNMENT.)

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24

It's **CHRISTMAS EVE**. What's one thing you hope will be true when you go to bed tomorrow night (**CHRISTMAS NIGHT**)?

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25

Name one real person who makes you
feel this **feeling**:

LOVED

BONUS: Keep going. Name all of the real people
you know or have known who made you feel loved
in any way, at any time. Write until you run out
of room. **Merry Christmas.**

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26

SEND A TEXT TO
SOMEONE YOU LOVE.

Do it now, right now, the first time
you read these words.

DO IT.

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27

Name one real person who makes you
feel this *feeling*:

HOPEFUL

BONUS: What do you hope for? Write it down. You
can tear up this piece of paper or burn it or
whatever. Just put the words into the world
first.

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28

What's one **HAPPY**
MEMORY from 2021?

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29

Name one real person who makes you
feel this feeling:

SHITTY

BONUS: What are you going to do to let this
person go, because life's too short to waste time
and energy on people who make you feel shitty.
Let them go. Make a plan. Write it here.

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30

What's **ONE THING** someone you know in real life could do to help you, **RIGHT NOW**? Write it down. **DO IT**. Now ask for that help. **DO IT**.

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31

It's the last day of
fucking 2021. What is one
thing you are going to do
just for yourself?
