

CHRISTMAS

Journal

COMPANION

REFLECT, REMEMBER & SAVOR
THE MAGIC OF THE SEASON

the best
moments
are the
quiet ones
that fill
our hearts

a season
to remember
always

WELCOME TO YOUR
CHRISTMAS
Journal Companion

A SPACE TO REFLECT, REMEMBER & SAVOR
THE MAGIC OF THE SEASON

Christmas is made up of so many little moments – the twinkling lights, the familiar traditions, the kindnesses we give and receive, the people we share it all with.

Journaling is a beautiful way to slow down and capture those moments, both big and small. It helps us be more present, appreciate what's happening around us, and hold onto the memories we will treasure for years to come.

This companion is here to help you pause, reflect and write your story this Christmas. Use these pages however feels right for you – there are no rules, just gentle prompts to guide your thoughts and inspire your heart.

Whether you write every day, or just when the mood takes you, I hope these pages become a special keepsake of your Christmas season – a reminder of what truly matters.



Merry Christmas,
Ciara
x



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CHRISTMAS *Reflections*

Take a moment to slow down and reflect on this beautiful season.
Use this page to capture your thoughts, memories and the moments
that make Christmas meaningful to you.



What are you
most looking forward
to this Christmas?



What has brought you
joy so far this
holiday season?

What is one tradition
you love and
why is it special?



Who are you
most grateful for
this Christmas?



What is a moment
from this season you
never want to forget?

What little things
have made this season
feel magical?



What have you
learned about yourself
this year?

How do you want to
carry the spirit of
Christmas into the
new year?



What is your hope
for the year ahead?



Any other thoughts, memories or reflections...



*The best
moments are
the quiet ones
that fill our
hearts.*

THE BEST MOMENTS ARE THE QUIET ONES THAT FILL OUR HEARTS.



TODAY'S Christmas/Advent JOURNAL

A quiet space to notice the little moments,
celebrate the season and reflect on today.



DATE: _____



WEATHER: _____

TIME OF DAY:

☐ Morning

☐ Afternoon

☐ Evening

TODAY'S LITTLE JOY



What made me smile today?



CHRISTMAS MOMENT



A moment I'd love to remember.



GRATITUDE



*Today I'm especially
thankful for...*



SOMETHING I NOTICED



*A small detail that caught
my attention today.*



TODAY'S COSY MOMENT



Something that felt warm, comforting or peaceful.



☐ a cup of tea



☐ christmas film



☐ candlelight



baking



a walk



music

Something else: _____



THOUGHTS FROM TODAY



A space for whatever is on my mind.

LOOKING AHEAD



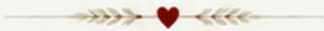
What am I looking forward to tomorrow?

THE BEST MOMENTS ARE THE QUIET ONES
THAT FILL OUR HEARTS.





FAVOURITE Christmas Memories



THE MOMENTS WE TREASURE MOST

A place to remember the special moments,
traditions and people that make Christmas so meaningful.

A MEMORY THAT
MAKES ME SMILE



A TRADITION I
ALWAYS LOOK FORWARD TO



A FAVOURITE MEMORY WITH FAMILY OR FRIENDS



SOMETHING I'LL
NEVER FORGET



A PLACE THAT HOLDS
SPECIAL MEMORIES



A SIMPLE MOMENT
THAT MEANT A LOT



A NOTE TO MY FUTURE SELF



What I never want to forget about this Christmas.



A PHOTO THAT
CAPTURES THE MEMORY



*Add a favourite photo here
or draw a little picture.*



THE BEST CHRISTMAS MEMORIES LIVE IN OUR HEARTS FOREVER.





CHRISTMAS *Gratitude*

Taking time to notice the good in our lives
fills our hearts with joy and reminds us
of what truly matters.



TODAY, I AM GRATEFUL FOR...

Five horizontal lines for writing, preceded by five small red hearts.



THREE LITTLE MOMENTS
THAT BROUGHT ME JOY TODAY

Three numbered circles (1, 2, 3) followed by three horizontal lines for writing.



THE PEOPLE I AM THANKFUL FOR

Who fills my life with love, laughter and kindness?

Four horizontal lines for writing.



SOMETHING I HAVE LEARNED
OR APPRECIATED THIS YEAR

Four horizontal lines for writing.



SOMETHING BEAUTIFUL
ABOUT THIS SEASON

Four horizontal lines for writing.



A SIMPLE PLEASURE
I NEVER WANT TO TAKE FOR GRANTED

Four horizontal lines for writing.



SOMETHING I AM
LOOKING FORWARD TO

Four horizontal lines for writing.



A NOTE OF GRATITUDE TO MYSELF

I am proud of...

Four horizontal lines for writing.



GRATITUDE TURNS WHAT WE HAVE INTO ENOUGH.



MOMENTS
I WANT TO
Remember

The little moments often become the biggest memories. Capture the sights, sounds, feelings and simple joys of this Christmas season.



A MOMENT THAT MADE ME SMILE





SOMETHING BEAUTIFUL I SAW





A SPECIAL TIME WITH SOMEONE





A MOMENT
THAT FELT
LIKE PURE
CHRISTMAS



SOMETHING THAT FILLED
MY HEART





A TRADITION I LOVED





A SMALL JOY I NEVER WANT TO FORGET





ANY OTHER MOMENTS I WANT TO HOLD ON TO





THE BEST MEMORIES AREN'T IN THINGS,
THEY'RE IN MOMENTS THAT TAKE OUR BREATH AWAY.





A LETTER TO My Future Self



Dear _____ ,
♥



♥
*One day you will
look back and see how
beautifully you kept
choosing yourself.*





MY FAVOURITE Christmas Traditions



The traditions we hold close
are the ones that make this season
feel like home.



TRADITIONS I LOVE AND
LOOK FORWARD TO EVERY YEAR



NEW TRADITIONS
I WOULD LOVE TO START



WHO I LOVE SHARING
THESE TRADITIONS WITH



WHY THESE TRADITIONS ARE SPECIAL TO ME



A TRADITION FROM
MY CHILDHOOD I CHERISH



A LITTLE TRADITION THAT
BRINGS ME SO MUCH JOY



IT'S NOT ABOUT HOW BIG  OR FANCY THE TRADITION IS,
it's about the love and memories woven into it.





LOOKING BACK ON Christmas



A season filled with moments both big and small.
Memories made, lessons learned,
and a heart full of gratitude.



MY CHRISTMAS HIGHLIGHTS



The moments that made this Christmas special.

THINGS I'M MOST GRATEFUL FOR



*People, moments, and simple blessings
that filled my heart.*

MEMORIES I NEVER WANT TO FORGET



*The little moments I hope to remember
for years to come.*



IT'S THE
MEMORIES
WE HOLD
IN OUR HEARTS
THAT MAKE
CHRISTMAS
LAST FOREVER.



WHAT I LEARNED THIS CHRISTMAS



*Lessons, reminders or gentle truths
I want to carry with me.*

NEW TRADITIONS I LOVED



*The ones I want to keep and make
part of our story.*

SOMETHING THAT SURPRISED ME



*A moment, a gift, or an experience
I didn't see coming.*

LOOKING FORWARD



*What I'm looking forward to
next Christmas.*

A NOTE TO MY FUTURE SELF



A few words to remind myself of this season and how it felt.

CHRISTMAS ISN'T JUST A DAY,
IT'S THE MEMORIES WE CARRY IN OUR HEARTS.

