



Chapman Foundation *for*

**CARING COMMUNITIES**

12 DAYS OF

*Positivity*

**CHAPMANCOMMUNITIES.ORG**

# DAY 1

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What's one of your strengths that you appreciate? How does it show up for you during the holidays?

Writing Prompts:

**Identifying Your Strength:** Begin by pondering over your unique strengths - those qualities that make you, you. It could be your adaptability, creativity, sense of humor, or loyalty. Pick one that resonates with you the most and write it down. Why do you value this strength? How has it helped you in life?

**Strength in Action:** Now, let's focus on the holiday season. Reflect on how this strength of yours manifests during this time. Does your creativity shine through in your gift-wrapping or holiday decorations? Or does your sense of humor lighten the mood at family gatherings? Write about a particular incident where this strength was evident.

**Gratitude for Self:** Take a moment to feel grateful for this strength of yours. Acknowledge how it adds to your life and makes the holiday season more enjoyable for you and those around you.

**Amplify Your Strength:** Finally, consider ways in which you can intentionally utilize this strength to enhance the holiday experience. Maybe you could use your adaptability to handle unexpected changes in plans, or your loyalty to support loved ones who may be having a tough time.

Remember, recognizing and valifying our personal strengths is an empowering exercise that boosts self-esteem and promotes a positive mindset. Use this prompt whenever you need a reminder of your unique capabilities.



# DAY 2

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Where have you found beauty this holiday season?

Writing Prompts:

**Capture the Beauty:** Start by recalling moments of beauty you've experienced during this holiday season. They could be as simple as a shared laugh with a loved one, or as grand as a holiday getaway. Write about these moments in detail - who were you with, where were you, what were you doing?

**The Essence of Beauty:** Reflect on what made these moments beautiful. Was it the people you were with, the place, or the emotions it evoked? How did these moments make you feel?

**Lessons Learned:** Now, think about what these moments taught you - about yourself, others, and the world around you. Did they change your perspective or reinforce beliefs you already held?

**Carrying Forward the Joy:** Lastly, consider how you can integrate the joy and beauty from these moments into your everyday life. Can you bring more laughter into your day, seek out scenic places, or spend more time with the people who matter to you?

Remember, the beauty of life often lies in the small moments we experience every day. Use this prompt to appreciate those moments and carry their joy forward. Happy journaling!



# DAY 3

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What is something nice that you plan to do for someone this holiday season?

Writing Prompts:

**Who to Appreciate:** Begin by identifying the individuals you plan on doing something nice for this holiday season. These could be family members, friends, colleagues or even strangers.

**The Motivation Behind the Act:** Reflect on the reasons why you've chosen these individuals. What have they done or how have they impacted your life that makes you want to do something special for them?

**The Plan of Action:** Now, detail out what specific actions you plan on taking to show these people they are appreciated. This could be anything from writing a heartfelt letter, to giving them a thoughtful gift, to spending quality time with them.

**The Impact of your Actions:** Consider how your actions might impact these individuals. How do you hope they will feel? What changes, if any, do you hope to inspire in their lives?

**Personal Reflection:** Finally, reflect on how you think these acts of kindness will make you feel. Do you expect to feel joy, satisfaction, or perhaps a sense of peace?

Remember, acts of kindness not only enrich the lives of others but also bring joy and fulfillment to our own lives. Use this prompt to plan out your acts of kindness for this holiday season and reflect on the positive impact they can have.



# DAY 4

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What's something that made you smile this holiday season?

Writing Prompts:

**Moment of Joy:** Start by reflecting on something that made you smile this holiday season. It could be a gift, a conversation, a joke, or even a memory. Describe the moment in detail.

**Emotional Reflection:** After writing about the moment, focus on how it made you feel. Did it evoke feelings of happiness, gratitude, or contentment? Write down these emotions and try to relive them.

**Emotions in Other Areas:** Now, think about other areas of your life where you've felt these positive emotions. It could be at work, during a hobby, or while spending time with loved ones.

**Cultivating Positivity:** Consider ways you can cultivate these positive feelings more regularly in your daily life. Can you create more of these joyful moments? How can you bring this positive energy into your everyday activities?

**Carrying Forward the Joy:** Lastly, plan how you intend to carry this positive energy into the upcoming year. What specific actions will you take to ensure these feelings of joy continue to be a part of your life?

Remember, journaling is a powerful tool for mindfulness and self-reflection. Use this prompt to capture moments of joy and plan for a happier future.





# DAY 5

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What is something that you are thankful for this holiday season?

Writing Prompts:

1. **List of Thankfulness:** Begin by listing out five things you are particularly grateful for this holiday season. They can be big or small, tangible or intangible.
2. **Deep Dive into Gratefulness:** Now, take each item on your list and dedicate a paragraph to it. Why are you thankful for this particular thing? How does it add value or joy to your life? How would your life be different without it?
3. **Memory Lane:** Reflect on a happy memory associated with each item on your list. Describe the memory in as much detail as possible - who was there, what were you doing, how did you feel? Let the warmth of these memories fill your heart.
4. **Yearly Reflection:** Now, think about this past year. What are some things you have learned or achieved that you're grateful for? How have these lessons or achievements shaped you or changed your perspective?
5. **The Impact of Gratitude:** Spend a moment reflecting on your feelings as you write this list. How does expressing gratitude impact your mood or outlook? Do you feel more connected to your life and the people in it?
6. **Letter of Gratitude:** Lastly, write a letter of gratitude to someone who has made a significant impact on your life this year. Express your thankfulness for their presence and describe how they've enriched your life.



# DAY 6

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How have you shown someone that you care this holiday season?

Writing Prompts:

**Acts of Love:** Start by reflecting on how you've shown someone that you care this holiday season. It could be a thoughtful gift, a special meal, or simply spending quality time with them. Describe the action in detail.

**Emotions Behind the Actions:** Now, dive deeper into your feelings when you were expressing your love. Were you excited, nervous, or content? Write about these emotions, and how they influenced your actions.

**After the Expression:** Reflect on how you felt after showing your love. Did you feel relieved, happy, or fulfilled? Describe these feelings and their impact on you.

**The Impact on Loved Ones:** Lastly, consider the effect of your actions on your loved ones. How did they react? What change, if any, did you notice in them?

**Reflection on the Impact:** Take a moment to think about how it felt to make that impact. Did it give you a sense of satisfaction, joy, or perhaps a deeper connection with your loved ones?

Remember, journaling can help you better understand your emotions and actions. Use this prompt to reflect on the love you've given this holiday season and the joy it brought to both you and your loved ones.



# DAY 7

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What is one thing you are looking forward to this holiday season?

Writing Prompts:

**The Highlight:** Begin by identifying the one thing you are looking forward to the most when it comes to celebrating the holidays with friends and loved ones this year. It could be a specific event, tradition, food, or gift.

**Why It Matters:** Delve into why this particular aspect excites you so much. Does it bring back fond memories? Or perhaps it's a new experience you're eager to embrace? Write about its significance and how it contributes to your holiday spirit.

**The Feeling:** Explore the emotions that this anticipation brings up in you. Is it joy, excitement, or a sense of nostalgia? Try to capture these feelings in your writing.

**Incorporating the Enthusiasm:** Now, consider how you can acknowledge and incorporate your enthusiasm into your upcoming celebrations. Are there ways you can amplify this joy or share it with others?

**Looking Forward:** Lastly, write about how this anticipation is shaping your outlook for the holiday season. How is it affecting your preparations, expectations, and mindset as the holidays approach?

Using this prompt, tap into your holiday excitement and let it guide you in creating a joyful and meaningful celebration.



# DAY 8

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What is something kind you noticed someone else doing this holiday season?

Writing Prompts:

**Witnessing Kindness:** Start by recalling one specific act of kindness that you witnessed this holiday season. Who was involved, and what did they do that stood out to you?

**Emotional Response:** Reflect on how witnessing this act of kindness made you feel. Was it surprising, heartwarming, or inspiring? Describe the emotions it stirred in you.

**Impact of Kindness:** Consider the impact this act of kindness had on those involved, including yourself. How did it change the atmosphere or mood, and what did it mean to you personally?

**Learning from Kindness:** Elaborate on your thoughts and observations about this act of kindness. What has it taught you about the power of kind gestures, and how has it influenced your view on kindness?

**Implementing Kindness:** Finally, think about how you can implement this same act of kindness towards someone else in your life. What steps can you take, and how would it potentially impact them?

Use this prompt to reflect on the kindness you've witnessed during the holidays, learn from it, and find ways to spread that same warmth and generosity in your own interactions.





# DAY 9

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What is a favorite holiday memory?

Writing Prompts:

**Favorite Holiday Memory:** Begin by reflecting on your favorite holiday memory. It could be a special event, a family tradition, or just a quiet moment. Describe the scene in detail - what were you seeing, hearing, and feeling?

**Diving Deeper:** Now, go deeper into the experience. What made this memory stand out? Was it the people you were with, the emotions you felt, or the unique circumstances?

**Emotional Impact:** Explore the emotional impact of this memory. How did it make you feel then, and how does it make you feel now when you think back on it? Has it influenced your perspective or approach to holidays since then?

**Learning from the Past:** Reflect on what elements of this memory you would like to recreate or incorporate into future holidays. How can you create more moments that evoke the same feelings?

**Planning for the Future:** Finally, plan how you can experience more moments like your favorite holiday in the future. Can you replicate some aspects of it or perhaps introduce new traditions that align with the same spirit?

Use this prompt to revisit and cherish your past holiday experiences and to plan for future holidays that are just as memorable.



# DAY 10

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How will you express gratitude for loved ones this holiday season?

Writing Prompts:

**Feeling Grateful:** Start by expressing your gratitude for your loved ones this holiday season. How does acknowledging these feelings of gratitude make you feel?

**Specific Gratitude Points:** Identify specific things you are grateful for. These could be shared experiences, personal characteristics, or ways they've supported you.

**Expressions of Gratitude:** Reflect on how you plan to show your gratitude towards your loved ones. Do you have any particular gifts or gestures in mind?

**Impact of Gratitude:** Consider how practicing gratitude impacts your relationships. How does it benefit both you and your loved ones?

**Holiday Traditions and Memories:** Recall any specific holiday traditions or memories that inspire feelings of gratitude. How do these traditions or memories contribute to your overall holiday experience?

**Incorporating Gratitude:** Lastly, explore ways in which you can incorporate this practice of gratitude into your daily life. What steps can you take to make gratitude a more integral part of your routine?

Through this prompt, use the power of gratitude to deepen your connections with loved ones and enhance your holiday season.



# DAY 11

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What's one way you plan to care for yourself over the holidays?

Writing Prompts:

**Identifying Self-Care Practices:** Begin by answering the question, "What are some meaningful ways you can practice self-care amidst the bustle and noise of the holiday season?" Consider things that bring you peace, relaxation, or joy.

**Detailing a Self-Care Ritual or Activity:** Choose at least one self-care ritual or activity that you plan to engage in to prioritize your mental, physical, and emotional health during this festive period. This could be anything from reading a favorite book to going for a walk in nature.

**Practical Steps:** Reflect on the practical steps you can take to ensure you carry out this self-care activity. How can you carve out alone time, indulge in your favorite hobbies, pamper yourself, or set realistic boundaries with friends and family?

**Impact of Self-Care:** Finally, consider the positive impact these self-care practices can bring to your well-being during the holiday season. How might they help you stay balanced and centered amidst the holiday hustle and bustle?

Use this prompt as a reminder of the importance of taking care of yourself, even (and especially) during busy times.



# DAY 12

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What's something or someone that has brought you joy this holiday season?

Writing Prompts:

**Joyful Moments or People:** Start by answering the question, "What's something or someone that has brought you joy this holiday season?" Think about the events, experiences, or individuals that have brought a smile to your face.

**Experience Details:** Write down any details that come to mind about these joyful moments or people. What made them stand out? Were they unexpected or planned?

**Emotional Impact:** Reflect on how these moments made you feel. Was it the experience itself, or the company you were with, that brought happiness?

**Carrying the Joy Forward:** Finally, consider how you can carry this joy into the new year. How will these joyful experiences influence your approach to the coming months?

Use this prompt to appreciate the joy and happiness of the holiday season while looking forward to a fresh start in the new year.



