

My Twelve Holy Nights Journal

Twelve evenings, twelve prompts. Give each evening 15 minutes: read the prompt, write three lines, do a small ritual, add one picture to your board.

THE TWELVE NIGHTS

Night	Date	Month	Theme
1	Dec 25	January	Letting go
2	Dec 26	February	Gratitude
3	Dec 27	March	Relationships
4	Dec 28	April	Work life
5	Dec 29	May	Health
6	Dec 30	June	Finances and abundance
7	Dec 31	July	Visions for the new year
8	Jan 1	August	New beginnings
9	Jan 2	September	Inner child and joy
10	Jan 3	October	Harmony and beauty
11	Jan 4	November	Spiritual guidance
12	Jan 5	December	Manifestation

DONE

	Evening Dream		Picture on my board	Wish burned
Night 1 · Dec 25	☐	☐	☐	☐
Night 2 · Dec 26	☐	☐	☐	☐
Night 3 · Dec 27	☐	☐	☐	☐
Night 4 · Dec 28	☐	☐	☐	☐
Night 5 · Dec 29	☐	☐	☐	☐
Night 6 · Dec 30	☐	☐	☐	☐
Night 7 · Dec 31	☐	☐	☐	☐
Night 8 · Jan 1	☐	☐	☐	☐
Night 9 · Jan 2	☐	☐	☐	☐
Night 10 · Jan 3	☐	☐	☐	☐
Night 11 · Jan 4	☐	☐	☐	☐
Night 12 · Jan 5	☐	☐	☐	☐

Check "Wish burned" only if you're doing the 13 wishes ritual. Missed a night? Make it up the next evening with the short version: read the prompt, write one line.

FROM LOOKING BACK TO LOOKING AHEAD

Nights 1-2
looking back

Nights 3-6
your life areas

Nights 7-8
the leap

Nights 9-11
turning inward

Night 12
pulling it together

Nights 1 to 4

Night 1 Dec 25 · January · **Letting go**

What am I dragging out of this year that I want to be done with by January?

Dream: _____ Grateful for: _____

Picture for my board: _____ Reread on January 1

Night 2 Dec 26 · February · **Gratitude**

Which three moments from this year do I never want to forget?

Dream: _____ Grateful for: _____

Picture for my board: _____ Reread on February 1

Night 3 Dec 27 · March · **Relationships**

Who do I want to see more of next year, and who less?

Dream: _____ Grateful for: _____

Picture for my board: _____ Reread on March 1

Night 4 Dec 28 · April · **Work life**

What would a good Tuesday at work look like in April?

Dream: _____ Grateful for: _____

Picture for my board: _____ Reread on April 1

Nights 5 to 8

Night 5 Dec 29 · May · **Health**

What gives me energy, and what drains it?

Dream: _____ Grateful for: _____

Picture for my board: _____ Reread on May 1

Night 6 Dec 30 · June · **Finances and abundance**

How much is enough, and what do I want to spend money on next year?

Dream: _____ Grateful for: _____

Picture for my board: _____ Reread on June 1

Night 7 Dec 31 · July · **Visions for the new year**

Which goal do I barely dare to say out loud?

Dream: _____ Grateful for: _____

Picture for my board: _____ Reread on July 1

Night 8 Jan 1 · August · **New beginnings**

What will I start without waiting for the perfect moment?

Dream: _____ Grateful for: _____

Picture for my board: _____ Reread on August 1

Nights 9 to 12

Night 9 Jan 2 · September · **Inner child and joy**

What could I do for hours as a kid?

Dream: _____ Grateful for: _____

Picture for my board: _____ Reread on September 1

Night 10 Jan 3 · October · **Harmony and beauty**

Where in my everyday life does everything feel right, and where doesn't it?

Dream: _____ Grateful for: _____

Picture for my board: _____ Reread on October 1

Night 11 Jan 4 · November · **Spiritual guidance**

When was my gut right this year, and did I listen?

Dream: _____ Grateful for: _____

Picture for my board: _____ Reread on November 1

Night 12 Jan 5 · December · **Manifestation**

Which three wishes go on my board, and what's the first step for each?

Dream: _____ Grateful for: _____

Picture for my board: _____ Reread on December 1

On January 6

Read your twelve entries. Pick three wishes, and for each one write down what could get in your way and what you'll do then.

WISH 1

My wish: _____

The best outcome: _____

What could get in my way: _____

My plan: If ..., then ... _____

My first step, by: _____

WISH 2

My wish: _____

The best outcome: _____

What could get in my way: _____

My plan: If ..., then ... _____

My first step, by: _____

WISH 3

My wish: _____

The best outcome: _____

What could get in my way: _____

My plan: If ..., then ... _____

My first step, by: _____

My 13th wish: _____

Only if you're doing the 13 wishes ritual. This is the one you make happen yourself.

My word for the year: _____