



Pause & Reflect

90 Days of Holiday Intention

Krista Yapp-Cooper, LMFT, 500Hr. E-RYT

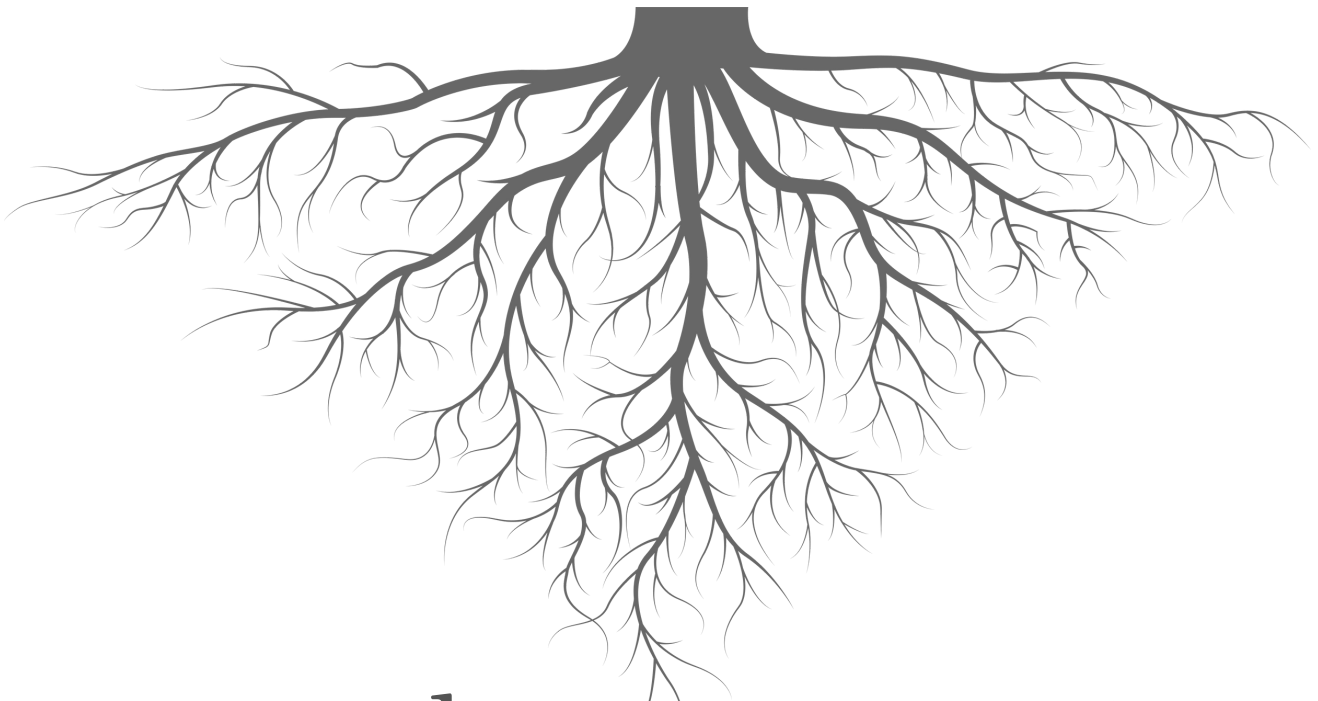


Introduction

The holiday season often brings a mix of emotions. While it can be a time of joy, connection, and celebration, it can also feel overwhelming, stressful, and even heavy. Between busy schedules, family dynamics, financial pressures, and the weight of expectations, it's easy to lose touch with ourselves during these months.

Pause & Reflect is your space to slow down and return to yourself. Over the next 90 days, this journal will invite you to set daily intentions, practice gratitude, explore thoughtful prompts, and reflect on your experiences each evening. These small but meaningful moments of self-care can help you feel more grounded, present, and compassionate with yourself as you navigate the season.

This is not about perfection. It's about presence. It's about noticing how you feel, tending to your needs, and creating space for joy, peace, and authenticity amidst the chaos. Take a deep breath. Open your heart. These pages are here to support you through it all.



Grounding & Preperation

As the season shifts and the holidays approach, Fall is a time to root down. This season invites you to create stability in your body, routines, and energy before the pace of the season picks up. Grounding is about returning to your center... finding softness & steadiness in your breath, your body, and the present moment.

Through these pages, you'll practice noticing your sensations, listening to your body's needs, and preparing yourself with intention. Just as trees strengthen their roots before winter, you are invited to ground and prepare so you can move through the months ahead soft and steady.

Date:

Day 1

(Remember) IMMERSE YOURSELF IN THE PRACTICE OF AN INTENTIONAL DAILY JOURNAL—A POWERFUL TOOL TO CULTIVATE A POSITIVE MINDSET AND NURTURE YOUR WELL-BEING OVER THE NEXT 90 DAYS.

Gratitude Journal:

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Morning Intention:

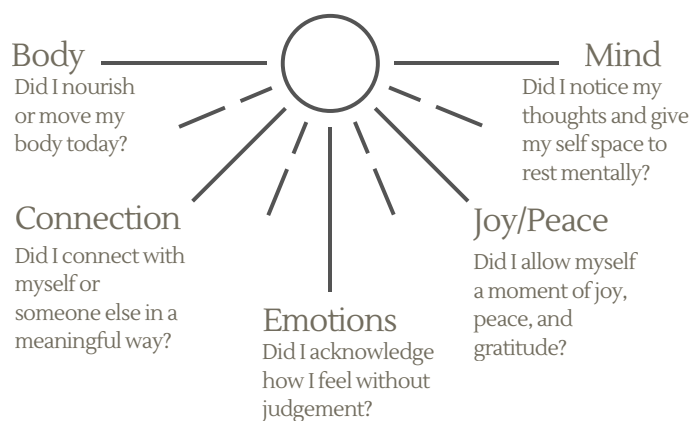
TODAY I WANT TO...

Prompt for the day:

IF I COULD PREPARE MY MIND AND BODY FOR THE MONTHS AHEAD, WHAT WOULD THAT LOOK LIKE?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 2

Gratitude Journal:

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Morning Intention:

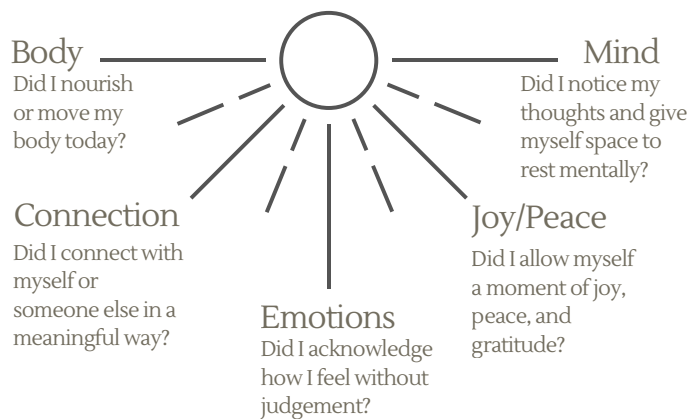
TODAY I WANT TO...

Prompt for the day:

WHAT DAILY RITUAL HELPS ME FEEL SAFE, STEADY,
OR AT HOME IN MYSELF?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 3

Gratitude Journal:

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Morning Intention:

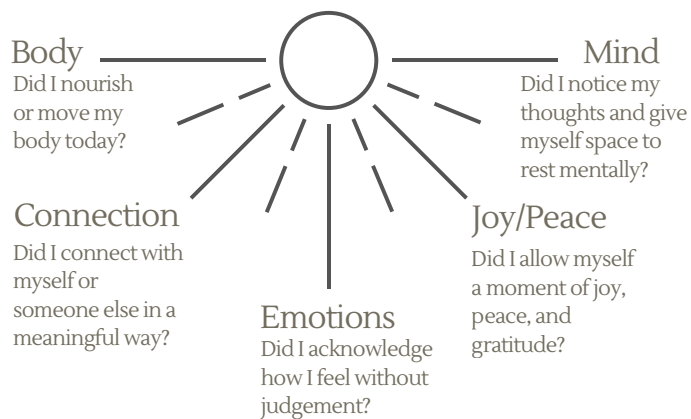
TODAY I WANT TO...

Prompt for the day:

WHAT GROUNDS ME IN THE MIDST OF CHAOS?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 4

Gratitude Journal:

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Morning Intention:

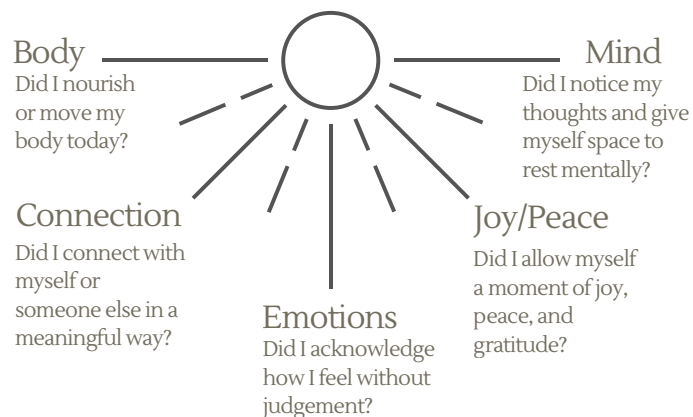
TODAY I WANT TO...

Prompt for the day:

WHERE IN MY BODY DO I FEEL MOST GROUNDED?
HOW CAN I EXPAND ON THAT SENSATION?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 5

Gratitude Journal:

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Morning Intention:

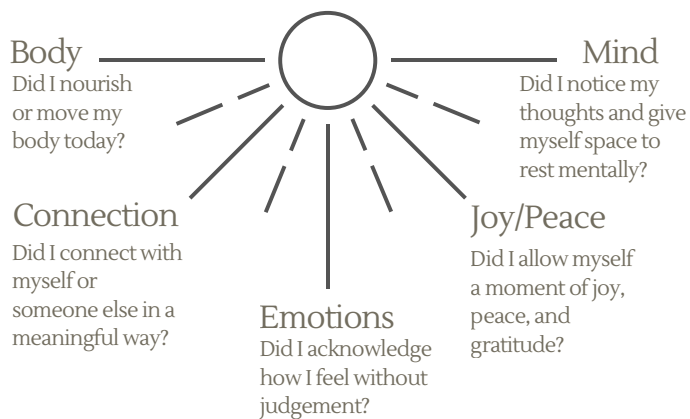
TODAY I WANT TO...

Prompt for the day:

WHAT DAILY RITUALS HELP ME FEEL STEADY, SAFE,
AND AT HOME IN MYSELF?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 6

Gratitude Journal:

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Morning Intention:

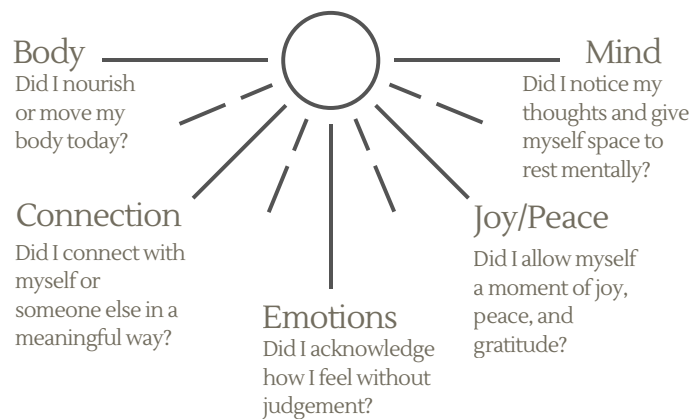
TODAY I WANT TO...

Prompt for the day:

WHERE DO I NOTICE TENSION IN MY BODY TODAY,
AND HOW CAN I SOFTEN INTO IT?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 7

Gratitude Journal:

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Morning Intention:

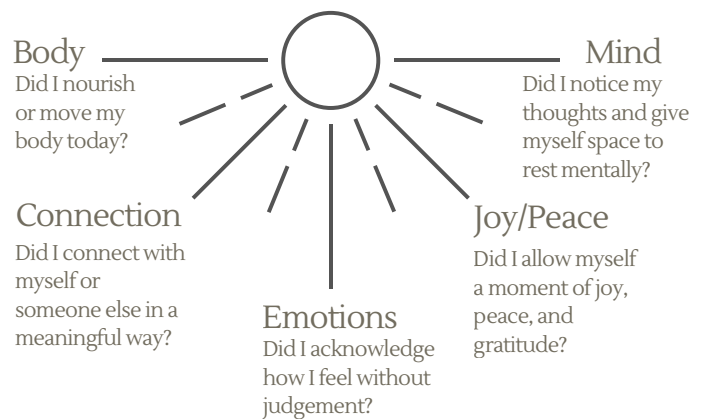
TODAY I WANT TO...

Prompt for the day:

SET INTENTIONS FOR MENTAL CLARITY, RENEWED ENERGY, AND DEEP INNER PEACE.

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 8

Gratitude Journal:

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Morning Intention:

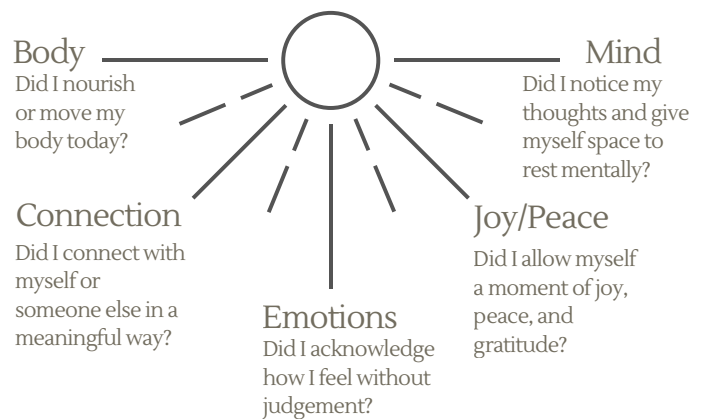
TODAY I WANT TO...

Prompt for the day:

WHAT BOUNDARY—BIG OR SMALL—WOULD HELP ME
FEEL MORE GROUNDED THIS WEEK?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 9

Gratitude Journal:

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Morning Intention:

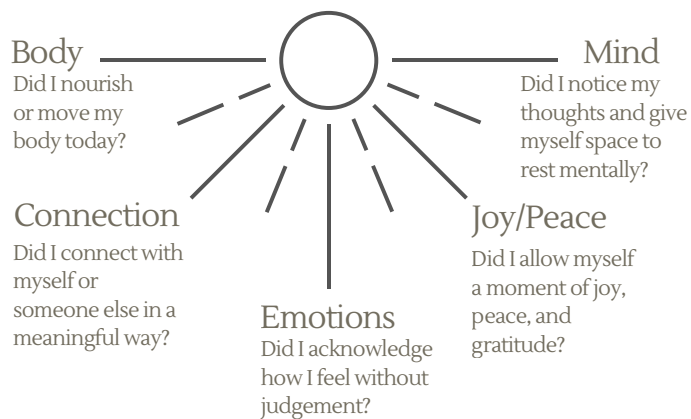
TODAY I WANT TO...

Prompt for the day:

HOW DOES MY BODY FEEL WHEN A BOUNDARY IS RESPECTED? HOW DOES IT FEEL WHEN THEY ARE NOT?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 10

Gratitude Journal:

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Morning Intention:

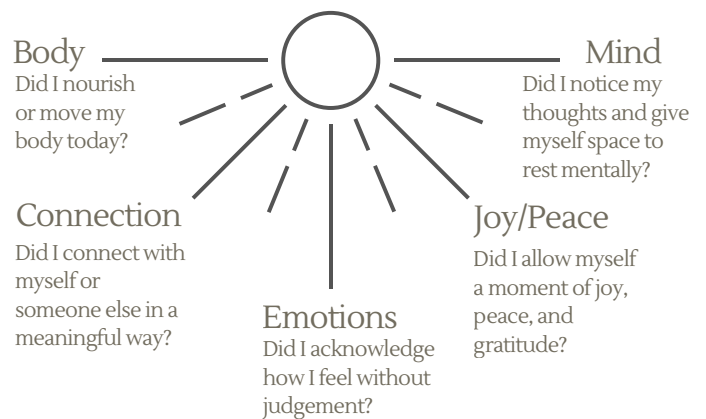
TODAY I WANT TO...

Prompt for the day:

WHAT IS ONE THING I CAN SAY “NO” TO THIS SEASON THAT WILL PROTECT MY PEACE?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 11

Gratitude Journal:

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Morning Intention:

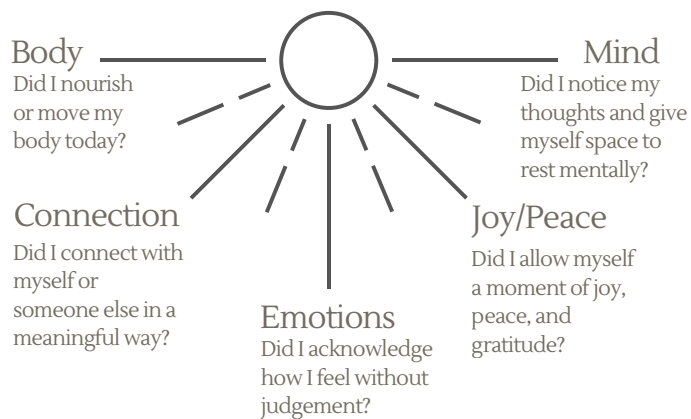
TODAY I WANT TO...

Prompt for the day:

HOW DO I KNOW, SOMATICALLY, WHEN I NEED TO SET A BOUNDARY? (TIGHT CHEST, SHALLOW BREATH, FATIGUE, ETC.)

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 12

Gratitude Journal:

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Morning Intention:

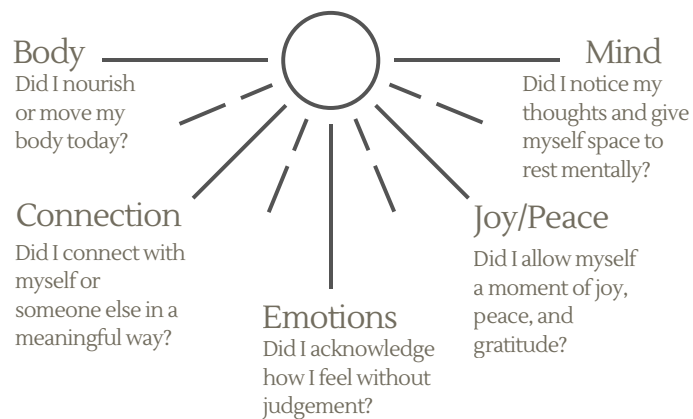
CHECKLIST FOR A FOCUSED AND EMPOWERED DAY

Prompt for the day:

WHAT DOES SELF-CARE LOOK LIKE FOR ME WHEN I'M OVERWHELMED? HOW CAN I PREPARE FOR THOSE MOMENTS NOW?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 13

Gratitude Journal:

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Morning Intention:

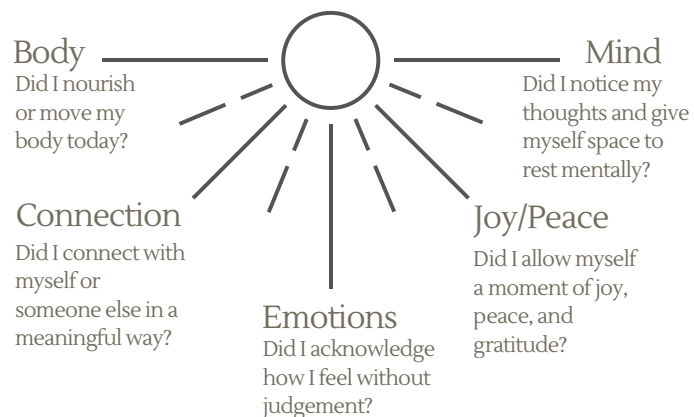
TODAY I WANT TO...

Prompt for the day:

WHAT BOUNDARY AROUND TIME OR ENERGY WOULD
FEEL SUPPORTIVE RIGHT NOW?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 10

Gratitude Journal:

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Morning Intention:

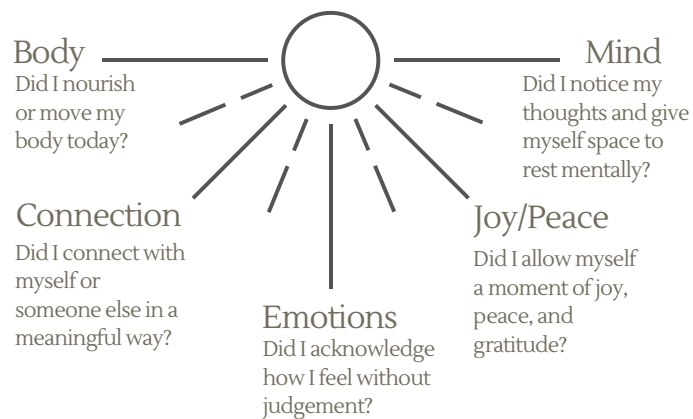
TODAY I WANT TO...

Prompt for the day:

WHAT AFFIRMATION REMINDS ME THAT BOUNDARIES
ARE A FORM OF SELF-CARE?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 14

Gratitude Journal:

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Morning Intention:

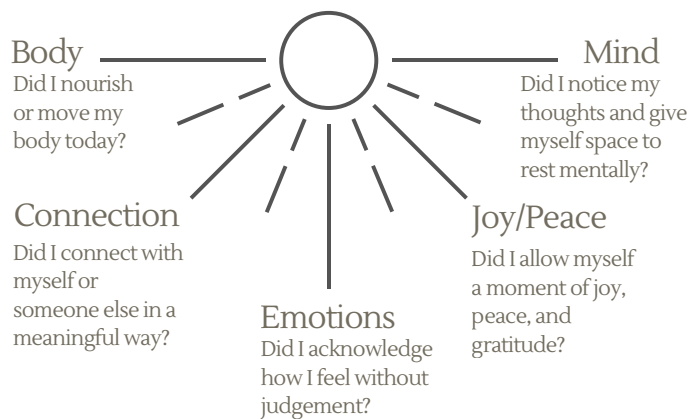
CHECKLIST FOR A FOCUSED AND EMPOWERED DAY

Prompt for the day:

SET INTENTIONS FOR MENTAL CLARITY, RENEWED ENERGY, AND DEEP INNER PEACE.

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 15

Gratitude Journal:

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Morning Intention:

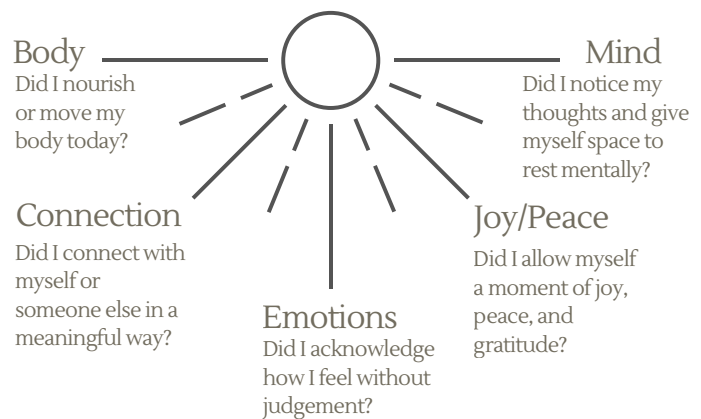
TODAY I WANT TO...

Prompt for the day:

HOW DO I WANT TO FEEL MOVING INTO THE HOLIDAYS?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 16

Gratitude Journal:

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Morning Intention:

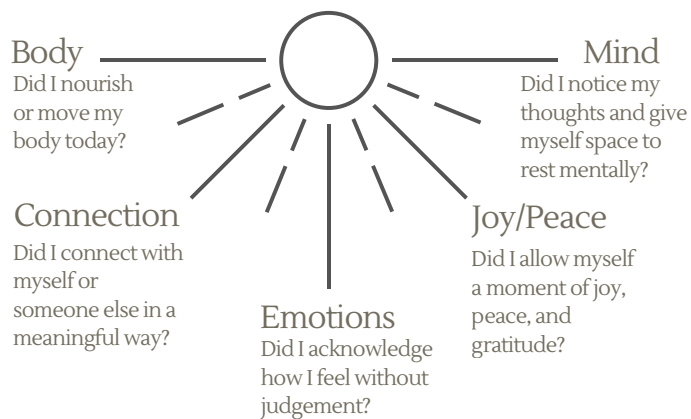
TODAY I WANT TO...

Prompt for the day:

WHAT PRACTICES HELP ME CENTER BEFORE
ENTERING BUSY OR STRESSFUL SPACES?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 17

Gratitude Journal:

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Morning Intention:

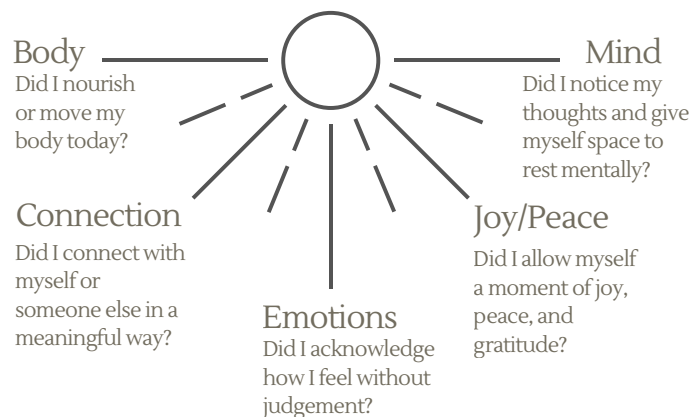
TODAY I WANT TO...

Prompt for the day:

WHAT HELPS ME TRANSITION FROM “DOING” INTO
“BEING”?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 18

Gratitude Journal:

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Morning Intention:

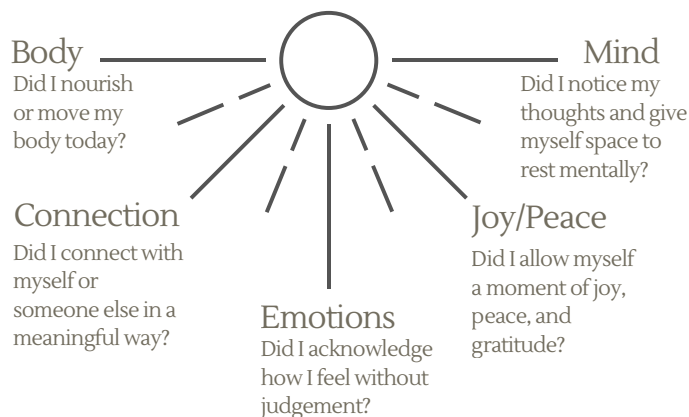
TODAY I WANT TO...

Prompt for the day:

WHAT SMALL SHIFT COULD HELP ME MOVE THROUGH THE SEASON WITH MORE CALM?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 19

Gratitude Journal:

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Morning Intention:

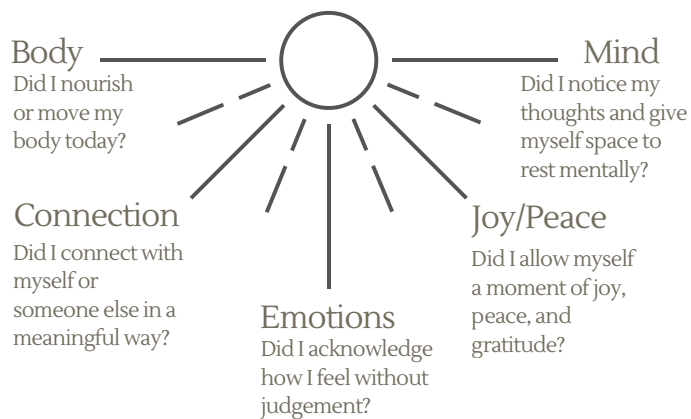
TODAY I WANT TO...

Prompt for the day:

WHAT HAS FELT MOST CHALLENGING ABOUT
BOUNDARIES THIS MONTH?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 20

Gratitude Journal:

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Morning Intention:

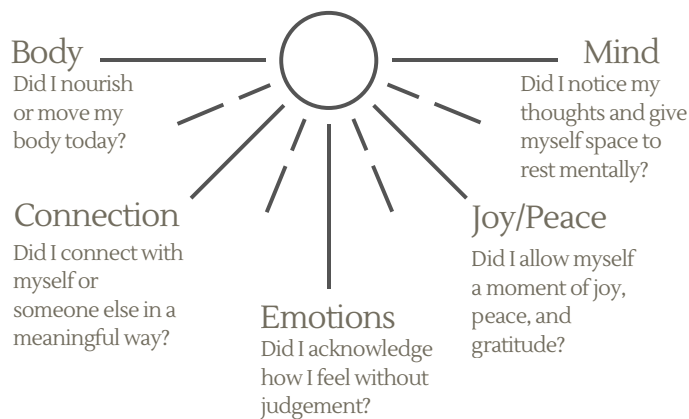
TODAY I WANT TO...

Prompt for the day:

WHAT HAS FELT EMPOWERING ABOUT BOUNDARIES
THIS MONTH?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 21

Gratitude Journal:

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Morning Intention:

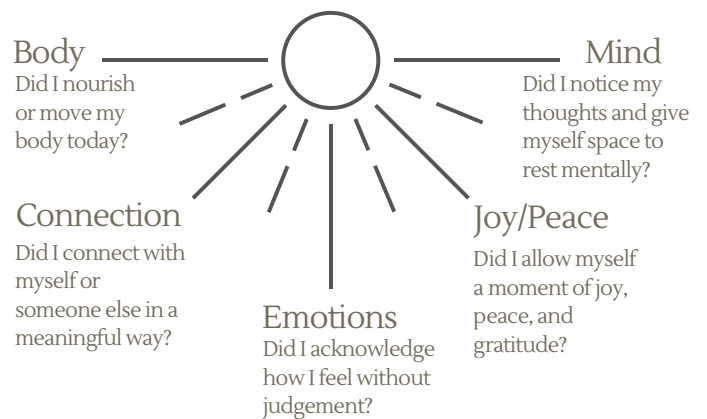
TODAY I WANT TO...

Prompt for the day:

HOW DID I SHOW UP FOR MYSELF IN MOMENTS OF OVERWHELM?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 22

Gratitude Journal:

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Morning Intention:

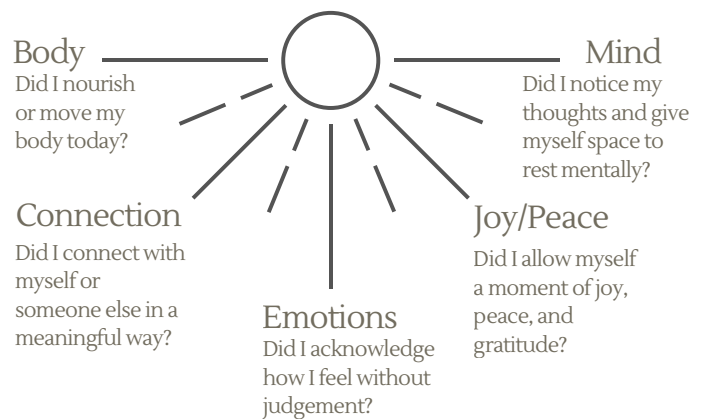
TODAY I WANT TO...

Prompt for the day:

WHERE DID I NOTICE GROWTH IN HOW I RESPOND TO STRESS?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 23

Gratitude Journal:

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Morning Intention:

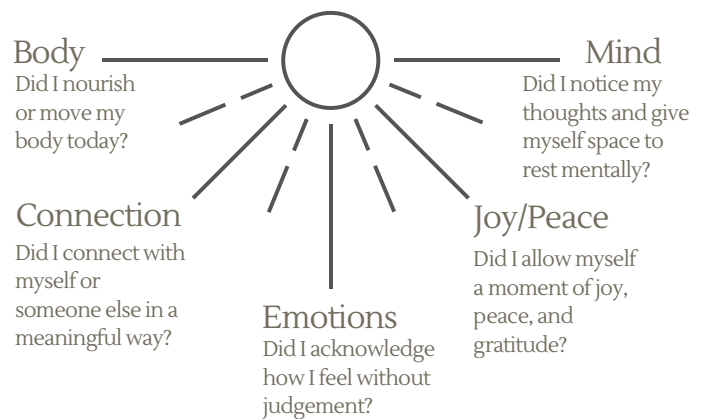
TODAY I WANT TO...

Prompt for the day:

WHAT HELPED ME SLOW DOWN WHEN THINGS FELT
HECTIC?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 24

Gratitude Journal:

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Morning Intention:

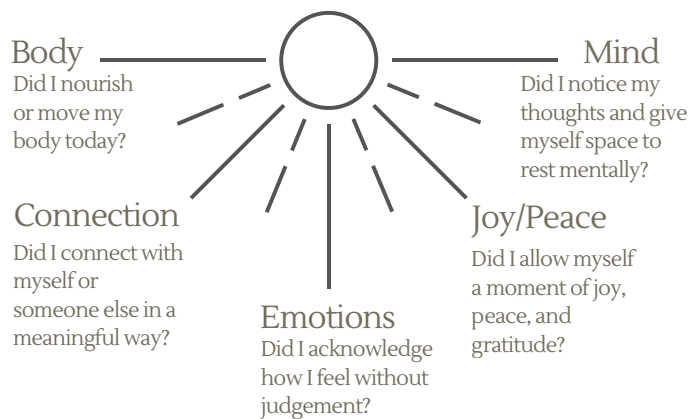
TODAY I WANT TO...

Prompt for the day:

WHAT HAS FELT MOST CHALLENGING ABOUT
SETTING BOUNDARIES?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 25

Gratitude Journal:

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Morning Intention:

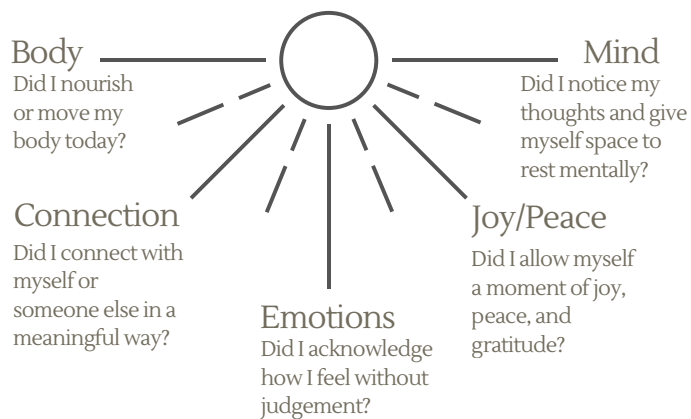
TODAY I WANT TO...

Prompt for the day:

WHAT HAS FELT EMPOWERING ABOUT SETTING BOUNDARIES?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 26

Gratitude Journal:

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Morning Intention:

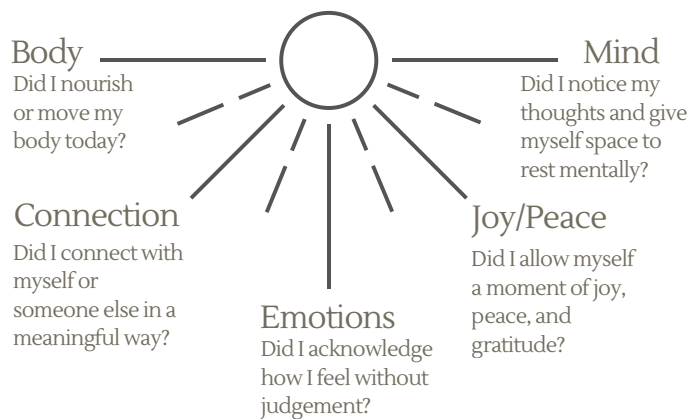
TODAY I WANT TO...

Prompt for the day:

HOW DID I SHOW UP FOR MYSELF IN MOMENTS OF OVERWHELM?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 27

Gratitude Journal:

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Morning Intention:

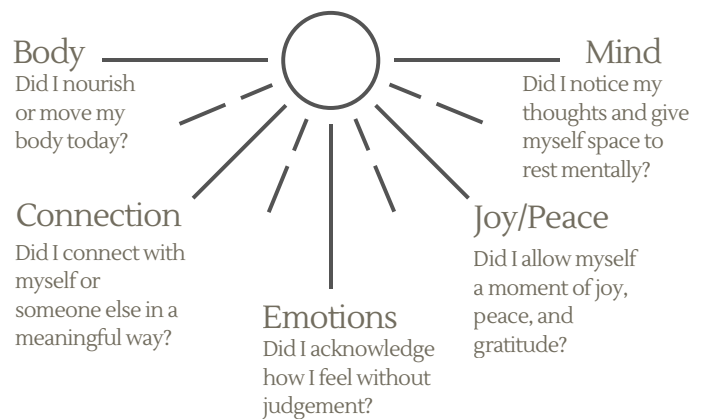
TODAY I WANT TO...

Prompt for the day:

WHAT DOES MY BODY NEED MORE OF? WHAT DOES IT NEED LESS OF?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 28

Gratitude Journal:

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Morning Intention:

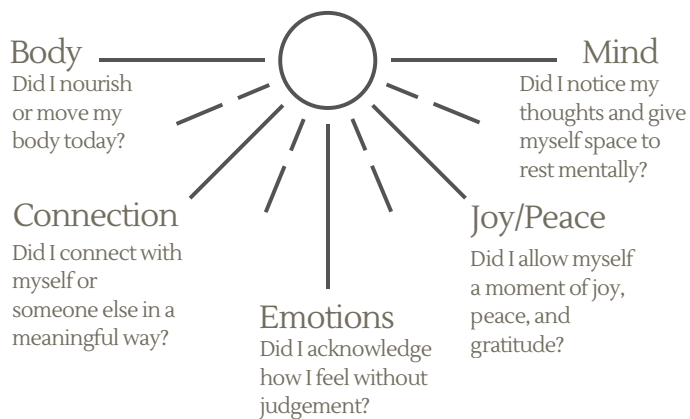
TODAY I WANT TO...

Prompt for the day:

WHAT AM I MOST PROUD OF IN HOW I PREPARED AND
CARED FOR MYSELF?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 29

Gratitude Journal:

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Morning Intention:

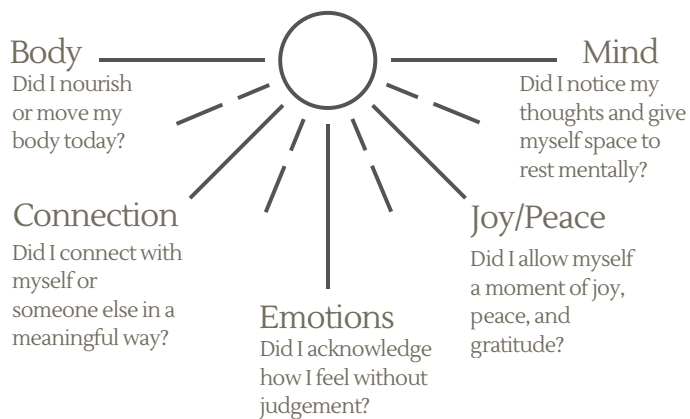
TODAY I WANT TO...

Prompt for the day:

WHAT DO I WANT TO LEAVE BEHIND AS I MOVE INTO THE HOLIDAY SEASON?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 30

Gratitude Journal:

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Morning Intention:

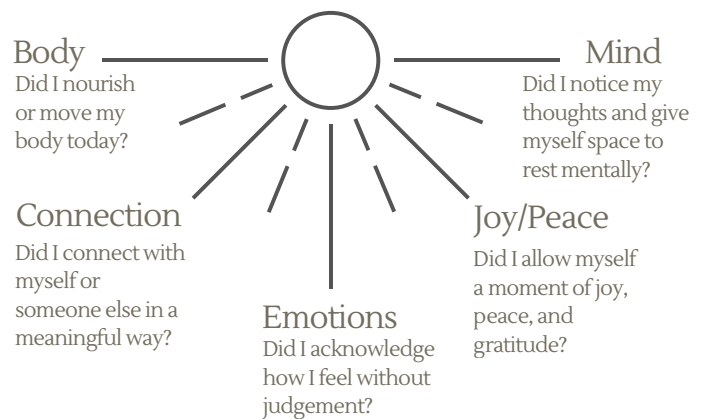
TODAY I WANT TO...

Prompt for the day:

WHAT'S ONE SELF-CARE HABIT I WANT TO BRING INTO THE HOLIDAY SEASON?

Evening Reflection:

Self Care Check In:



Closing Thoughts:



Gratitude & Connection

November brings opportunities to open the heart. In the middle of gatherings, traditions, and sometimes expectations, this month is about noticing what nourishes you... moments of gratitude, gestures of kindness, and meaningful connections.

Gratitude is more than a thought; it is a practice you can feel in your body. Connection is not about quantity, but quality. Being fully present with yourself and others, even for a moment. These reflections will help you recognize what uplifts you, and invite more of it into your days.

Date:

Day 31

(Remember) RETURN TO THESE PAGES EACH DAY WITH AN OPEN HEART. LET GRATITUDE GUIDE YOU, CONNECTION SUSTAIN YOU, AND THE PRACTICE OF JOURNALING REMIND YOU OF THE BEAUTY WOVEN INTO BOTH THE SIMPLE AND EXTRAORDINARY MOMENTS OF LIFE.

Gratitude Journal:

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Morning Intention:

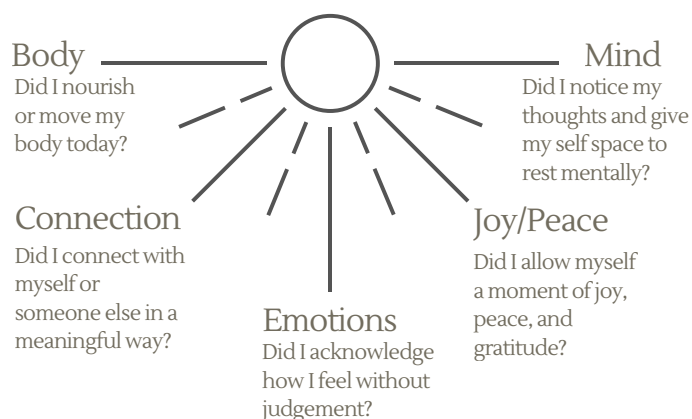
CHECKLIST FOR A FOCUSED AND EMPOWERED DAY

Prompt for the day:

WHAT PART OF MYSELF AM I MOST GRATEFUL FOR TODAY?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 32

Gratitude Journal:

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Morning Intention:

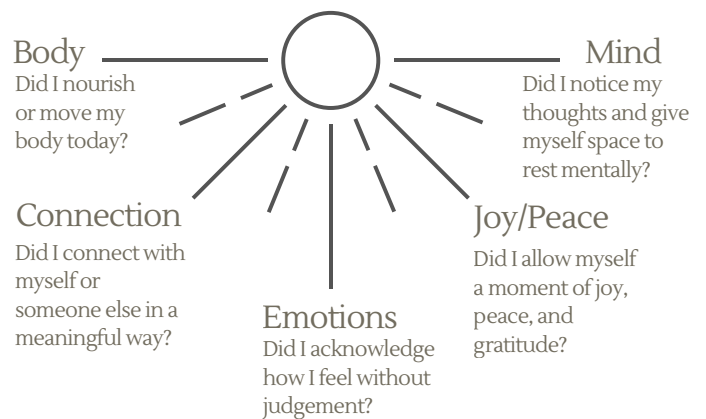
TODAY I WILL...

Prompt for the day:

HOW HAS MY BODY SUPPORTED ME RECENTLY?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 33

Gratitude Journal:

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Morning Intention:

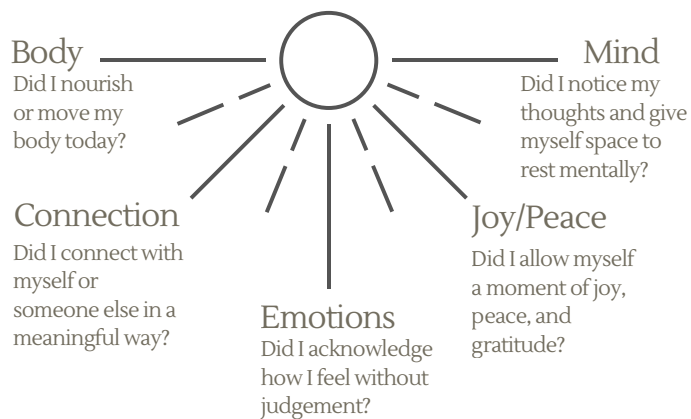
TODAY I WILL...

Prompt for the day:

WHAT STRENGTHS DO I OFTEN OVERLOOK BUT NEED TO HONOR?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 34

Gratitude Journal:

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Morning Intention:

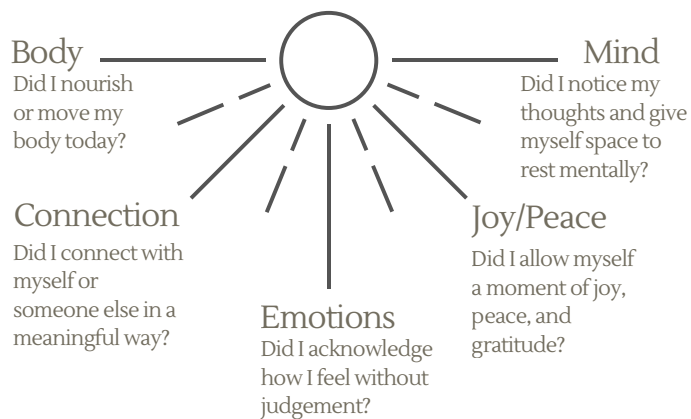
TODAY I WILL...

Prompt for the day:

HOW HAS MY INNER CHILD HELP GUIDE ME THIS WEEK?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 35

Gratitude Journal:

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Morning Intention:

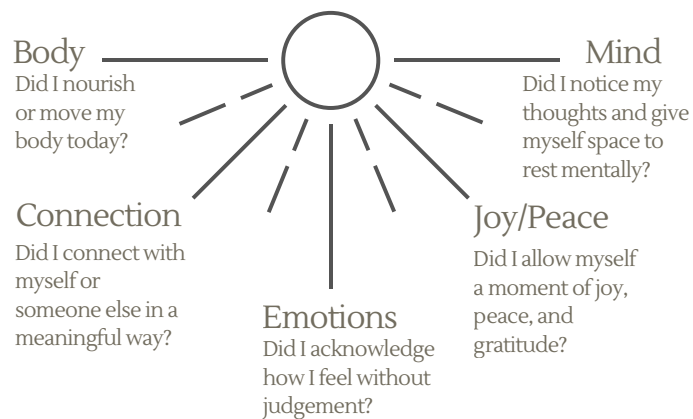
TODAY I WILL...

Prompt for the day:

WHAT PAST VERSION OF MYSELF AM I THANKFUL FOR?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 36

Gratitude Journal:

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Morning Intention:

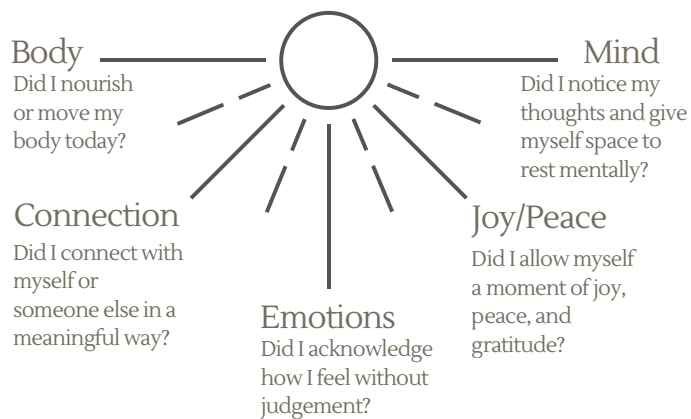
TODAY I WILL...

Prompt for the day:

HOW CAN I SHOW MYSELF GRATITUDE TODAY?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 37

Gratitude Journal:

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Morning Intention:

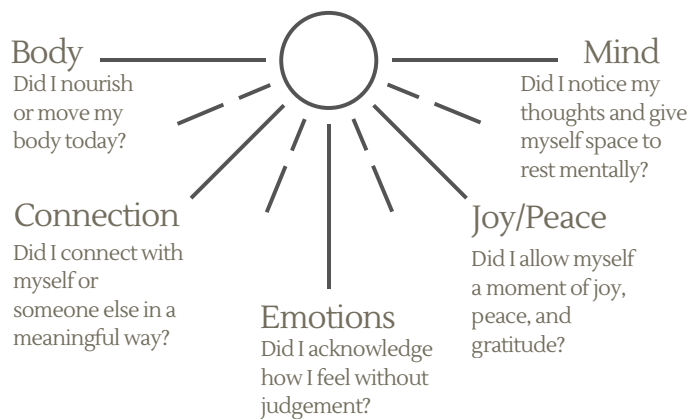
TODAY I WILL...

Prompt for the day:

WRITE A THANK YOU LETTER TO YOURSELF.

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 38

Gratitude Journal:

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Morning Intention:

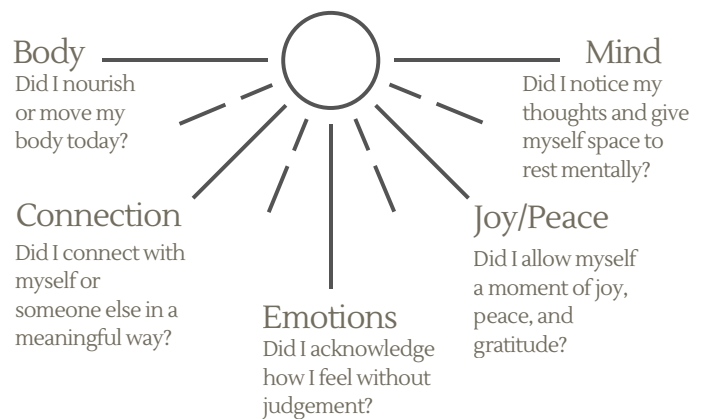
TODAY I WILL...

Prompt for the day:

WHAT PEOPLE IN MY LIFE AM I MOST GRATEFUL FOR?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 39

Gratitude Journal:

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Morning Intention:

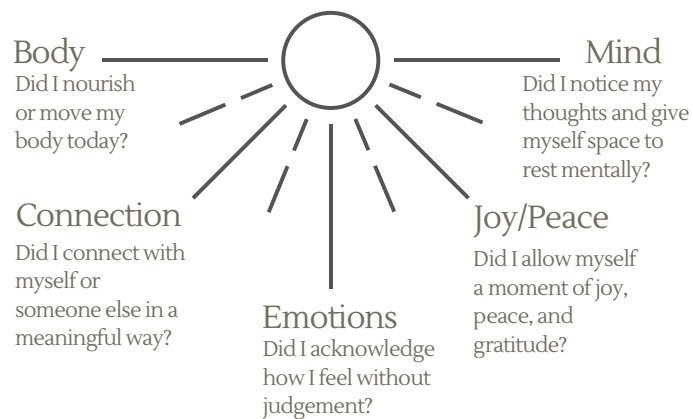
TODAY I WILL...

Prompt for the day:

WHO IN MY LIFE SEES ME AND MAKES ME FEEL SAFE?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 40

Gratitude Journal:

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Morning Intention:

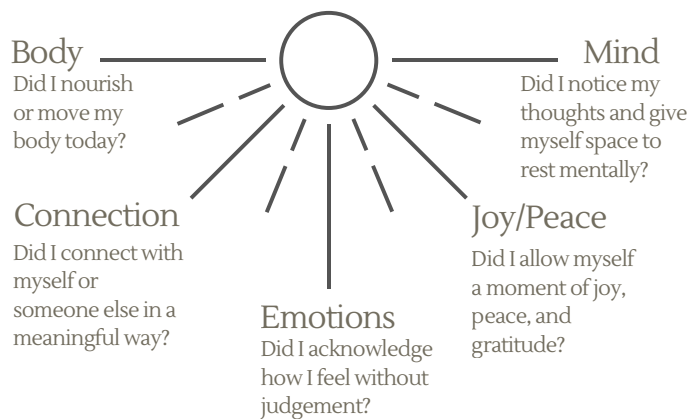
TODAY I WILL...

Prompt for the day:

WHAT IS ONE SMALL THING THAT SOMEONE DOES
THAT MAKES YOUR LIFE EASIER?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 41

Gratitude Journal:

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Morning Intention:

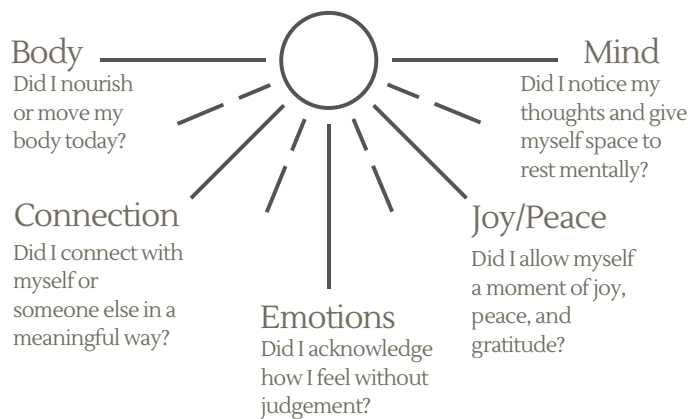
TODAY I WILL...

Prompt for the day:

WHO DO I WANT TO SEND SILENT GRATITUDE
TOWARDS TODAY?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 42

Gratitude Journal:

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Morning Intention:

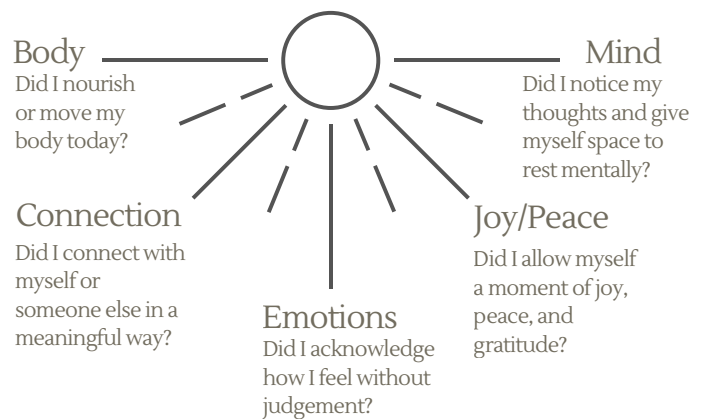
TODAY I WILL...

Prompt for the day:

HOW HAS MY COMMUNITY SUPPORTED ME THIS YEAR?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 43

Gratitude Journal:

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Morning Intention:

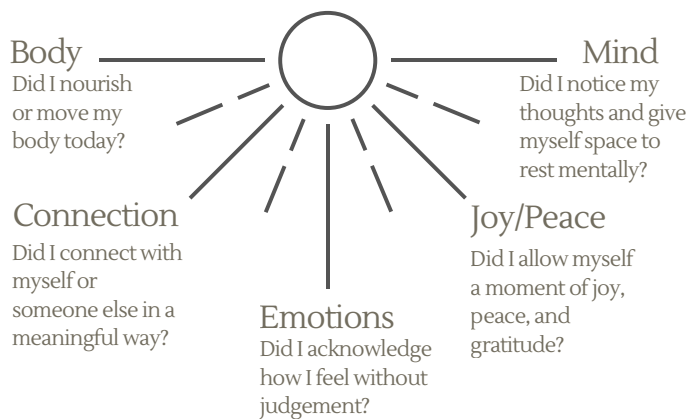
TODAY I WILL...

Prompt for the day:

WHAT RELATIONSHIPS AM I GRATEFUL FOR AND WHY?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 44

Gratitude Journal:

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Morning Intention:

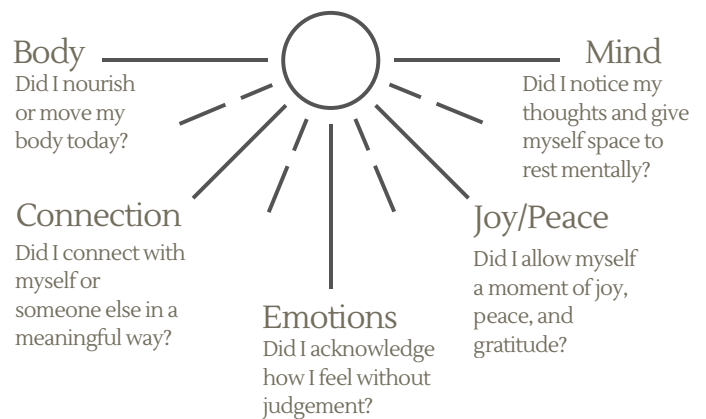
TODAY I WILL...

Prompt for the day:

HOW DO I EXPRESS MY APPRECIATION FOR OTHER?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 45

Gratitude Journal:

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Morning Intention:

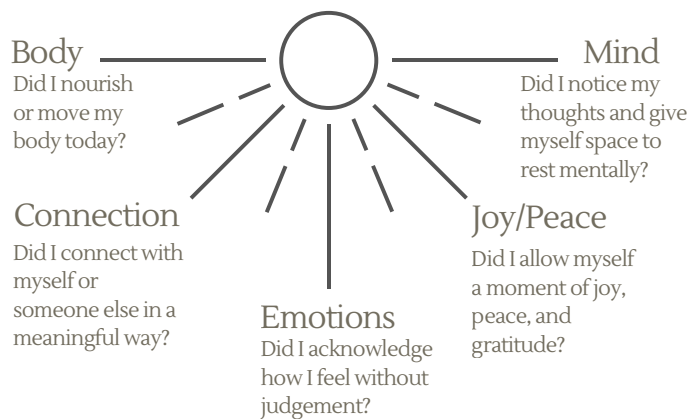
TODAY I WILL...

Prompt for the day:

WHAT PART OF NATURE AM I GRATEFUL FOR TODAY?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 46

Gratitude Journal:

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Morning Intention:

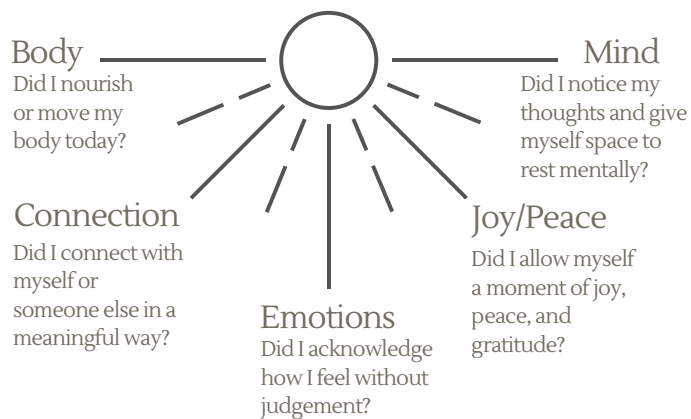
TODAY I WILL...

Prompt for the day:

WHAT THINGS (OBJECTS, SPACE, TOLLS) MAKE MY LIFE EASIER THAT I TAKE FOR GRANTED?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 47

Gratitude Journal:

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Morning Intention:

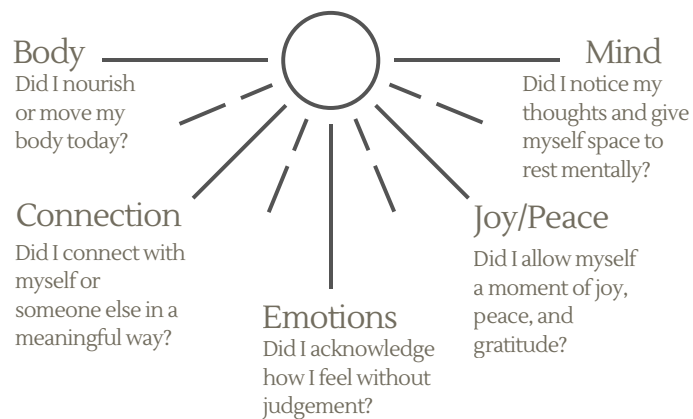
TODAY I WILL...

Prompt for the day:

WHAT MOMENTS IN TIME CAN I HONOR MORE?
(SUNRISE, SUNSET, MY BREATH)

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 48

Gratitude Journal:

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Morning Intention:

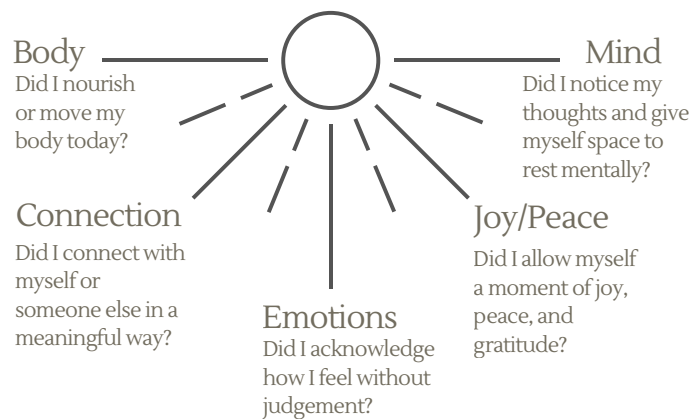
TODAY I WILL...

Prompt for the day:

WHAT DAILY RITUALS BRING ME COMFORT?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 49

Gratitude Journal:

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Morning Intention:

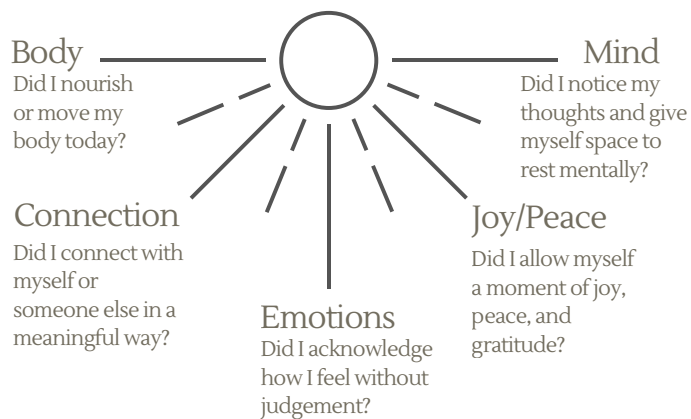
TODAY I WILL...

Prompt for the day:

A PRIVILEGE I HAVE THAT I OFTEN TAKE FOR GRANTED?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 50

Gratitude Journal:

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Morning Intention:

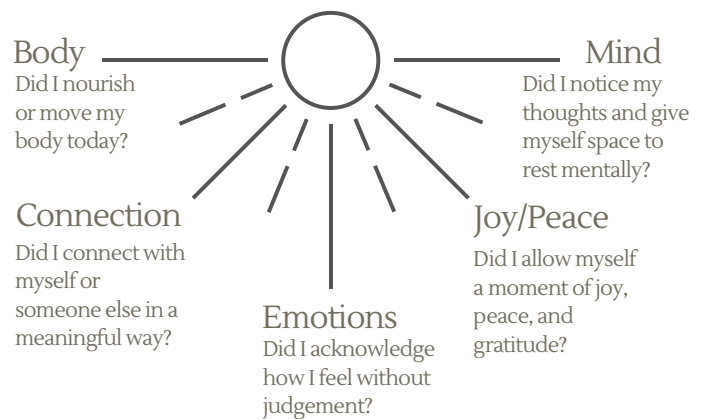
TODAY I WILL...

Prompt for the day:

WHAT CHALLENGES OR DIFFICULTIES IN MY LIFE GOT ME TO WHERE I AM TODAY?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 51

Gratitude Journal:

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Morning Intention:

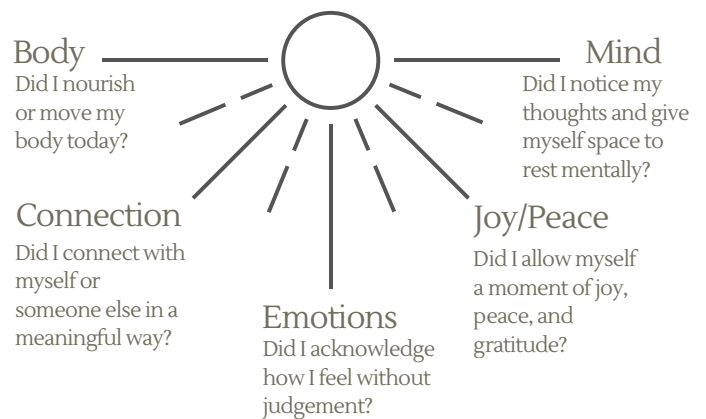
TODAY I WILL...

Prompt for the day:

WHAT BLESSINGS HAVE SHOWN UP IN MY LIFE
RECENTLY?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 52

Gratitude Journal:

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Morning Intention:

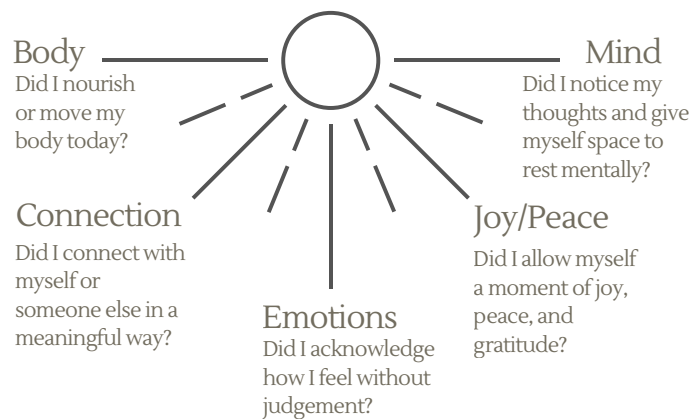
TODAY I WILL...

Prompt for the day:

WAYS I CAN CONNECT WITH MY BODY TODAY?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 53

Gratitude Journal:

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Morning Intention:

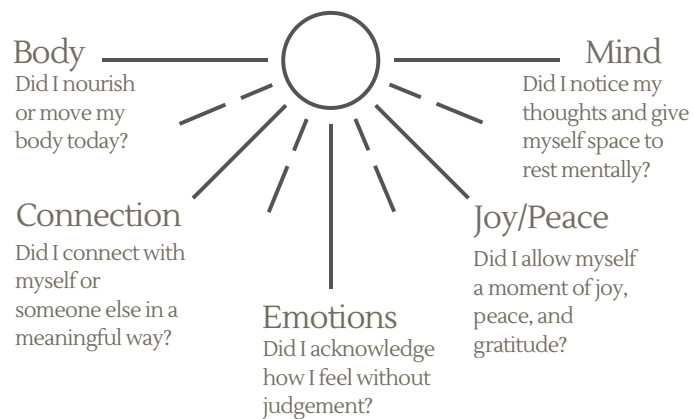
TODAY I WILL...

Prompt for the day:

WHAT IS MY HEART CRAVING MORE OF THIS SEASON?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 54

Gratitude Journal:

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Morning Intention:

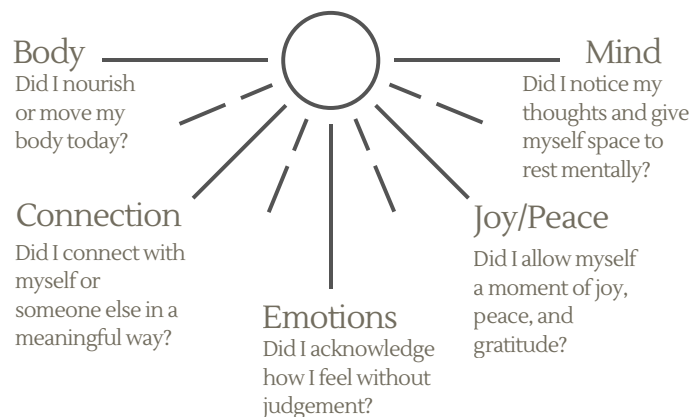
TODAY I WILL...

Prompt for the day:

WHAT DOES CONNECTION TO MIND, BODY AND
HEART FEEL LIKE?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 55

Gratitude Journal:

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Morning Intention:

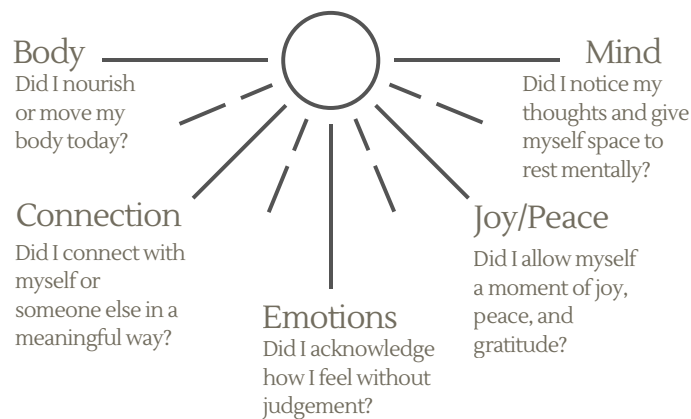
TODAY I WILL...

Prompt for the day:

WHEN DO I FEEL MOST CONNECTED TO MYSELF?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 56

Gratitude Journal:

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Morning Intention:

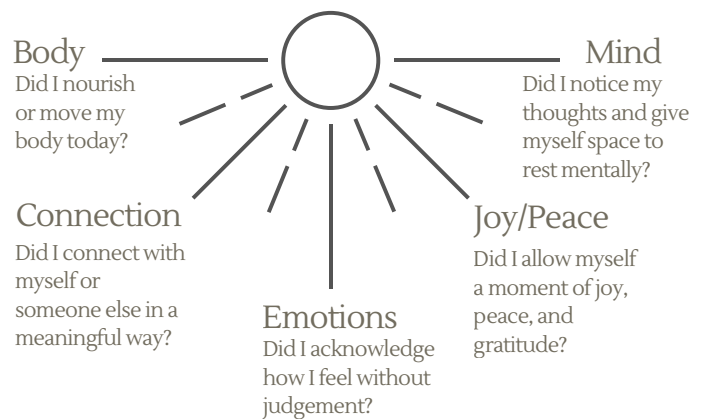
TODAY I WILL...

Prompt for the day:

WHEN DO I FEEL MOST CONNECTED TO OTHERS?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 57

Gratitude Journal:

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Morning Intention:

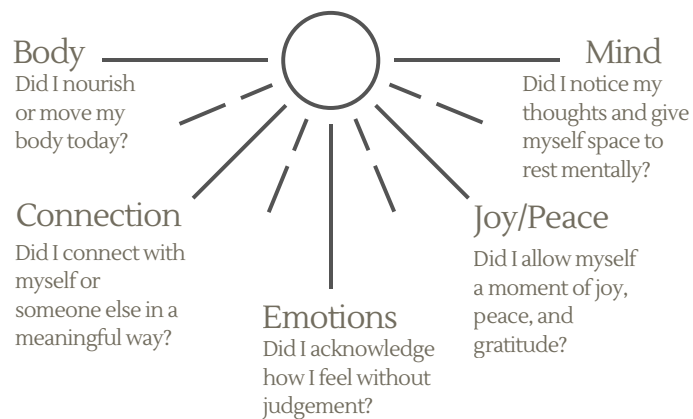
TODAY I WILL...

Prompt for the day:

WHAT SIMPLE ACTION HELPS ME FEEL PART OF
SOMETHING BIGGER THAN MYSELF?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 58

Gratitude Journal:

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Morning Intention:

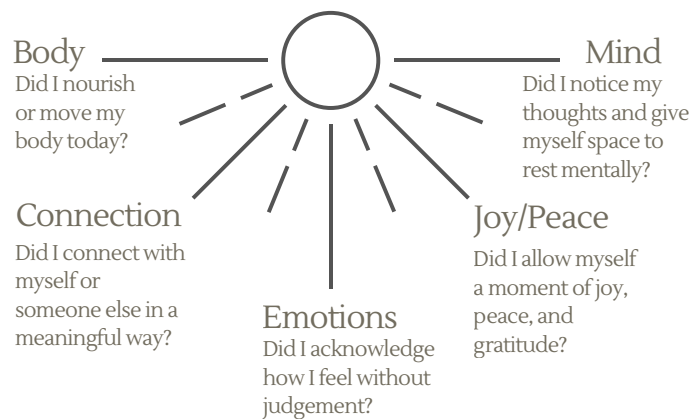
TODAY I WILL...

Prompt for the day:

WHERE IN MY LIFE DO I WANT DEEPER CONNECTION?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 59

Gratitude Journal:

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Morning Intention:

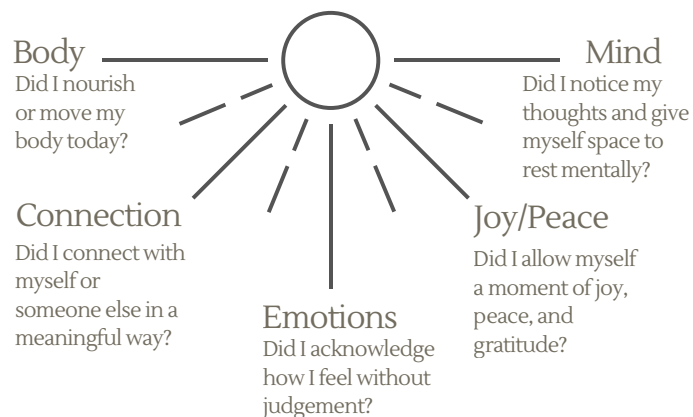
TODAY I WILL...

Prompt for the day:

HOW HAS GRATITUDE HELPED ME FEEL MORE
CONNECTED THIS MONTH?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 60

Gratitude Journal:

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Morning Intention:

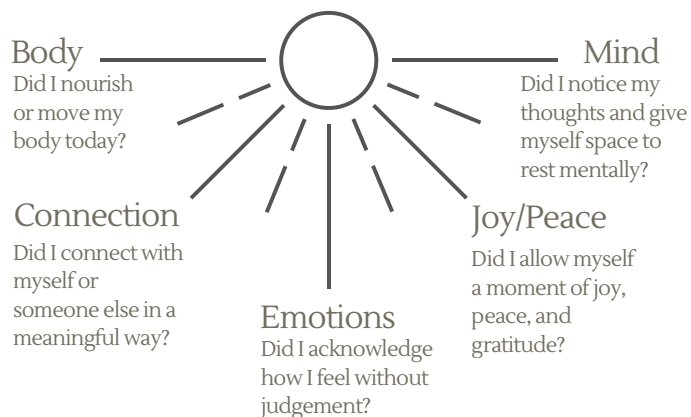
TODAY I WILL...

Prompt for the day:

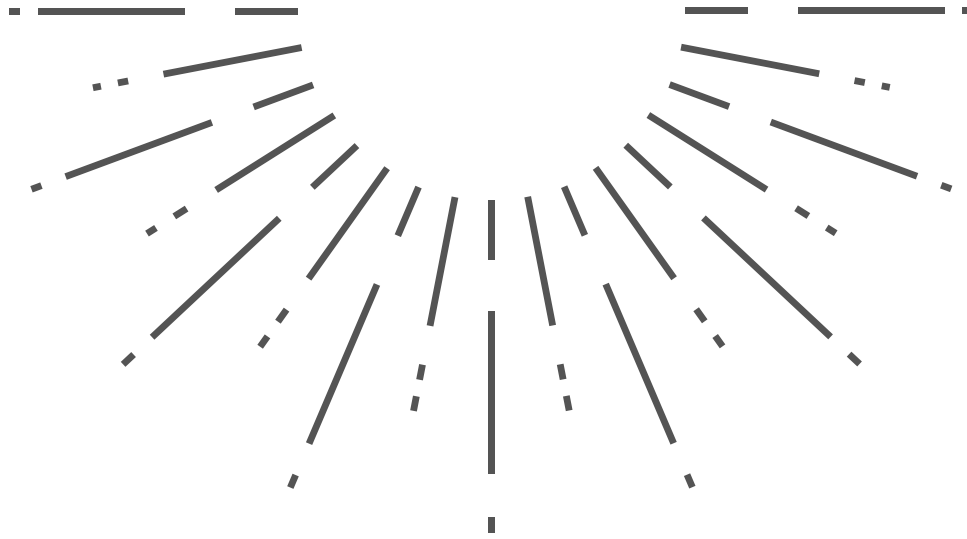
HOW CAN I CARRY THE GRATITUDE AND CONNECTION
I'VE BUILT INTO THE WAY I SHOW COMPASSION TO
MYSELF AND OTHERS THIS COMING SEASON?

Evening Reflection:

Self Care Check In:



Closing Thoughts:



Compassion & Reflection

As the year comes to a close, December offers space for gentleness, release, and reflection. The holidays can bring both joy and challenge, and this month is about meeting it all with compassion, for yourself and for others.

Compassion is the practice of softening, of listening inward, and of caring for yourself as you would any loved one. Reflection allows you to honor your journey, notice what has shifted, and prepare for what's to come. These final pages will guide you in closing the year with presence, tenderness, and self-trust.

Date:

Day 61

(Remember) AS YOU MOVE THROUGH THIS FINAL MONTH, ALLOW YOUR REFLECTIONS TO SOFTEN THE EDGES AND YOUR COMPASSION TO DEEPEN. THIS JOURNAL IS YOUR SANCTUARY. WHERE YOU RELEASE, RESTORE, AND REALIGN WITH WHAT TRULY MATTERS AS YOU PREPARE TO STEP INTO A NEW YEAR.

Gratitude Journal:

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Morning Intention:

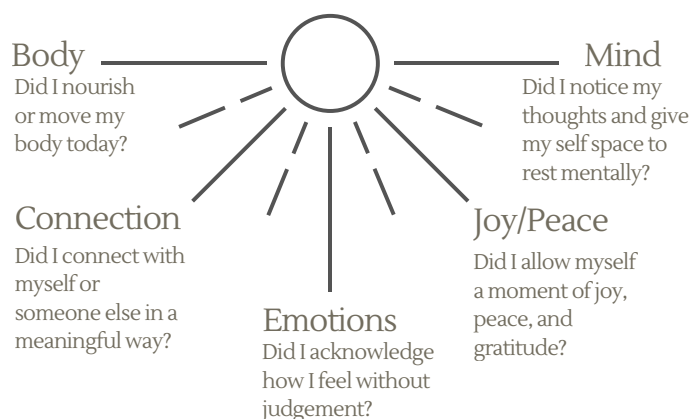
CHECKLIST FOR A FOCUSED AND EMPOWERED DAY

Prompt for the day:

HOW CAN I BE MORE GENTLE WITH MYSELF THIS SEASON?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 62

Gratitude Journal:

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Morning Intention:

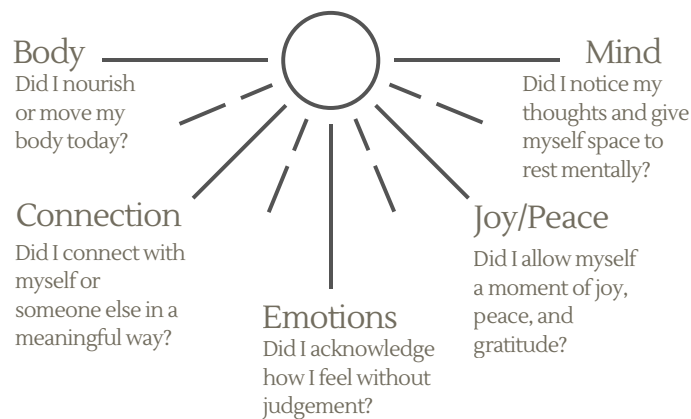
TODAY I WILL...

Prompt for the day:

HOW CAN I SPEAK TO MYSELF MORE WITH MORE
KINDNESS TODAY?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 63

Gratitude Journal:

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Morning Intention:

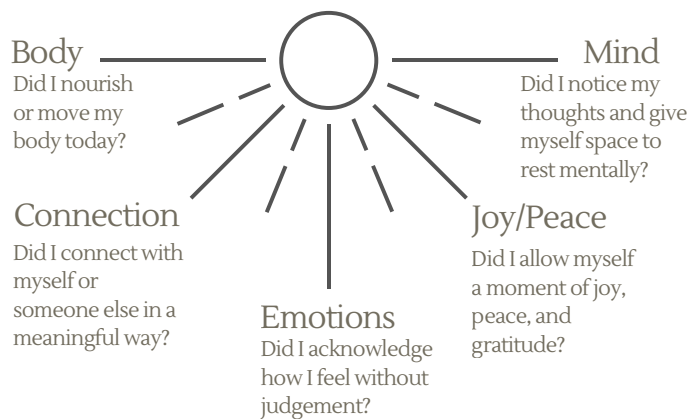
TODAY I WILL...

Prompt for the day:

WHAT WOULD IT LOOK LIKE IF I GAVE MYSELF
PERMISSION TO REST?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 64

Gratitude Journal:

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Morning Intention:

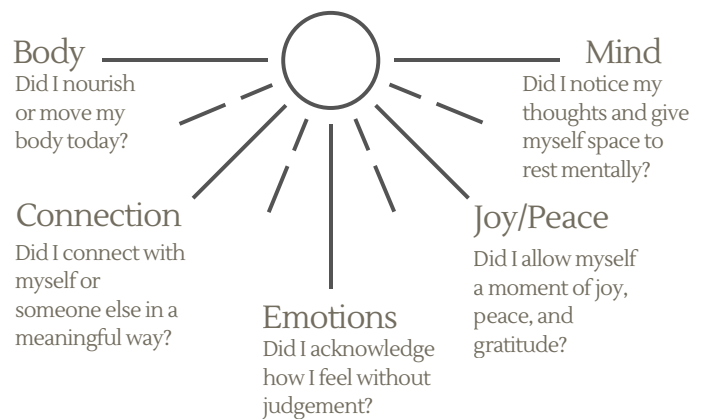
TODAY I WILL...

Prompt for the day:

WHAT BOUNDARIES DO I NEED TO HONOR MYSELF
THIS SEASON?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 65

Gratitude Journal:

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Morning Intention:

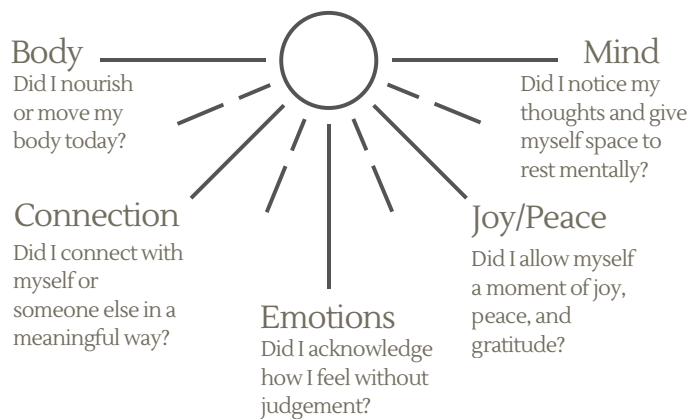
TODAY I WILL...

Prompt for the day:

WHAT PARTS OF MYSELF NEEDS FORGIVENESS?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 66

Gratitude Journal:

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Morning Intention:

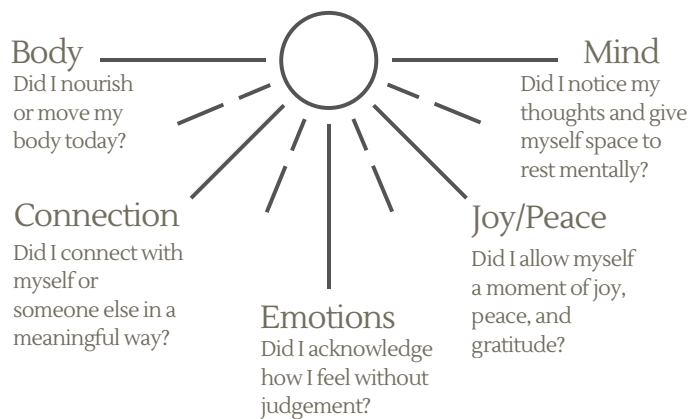
TODAY I WILL...

Prompt for the day:

HOW CAN I SOFTEN MY INNER CRITIC TODAY?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 67

Gratitude Journal:

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Morning Intention:

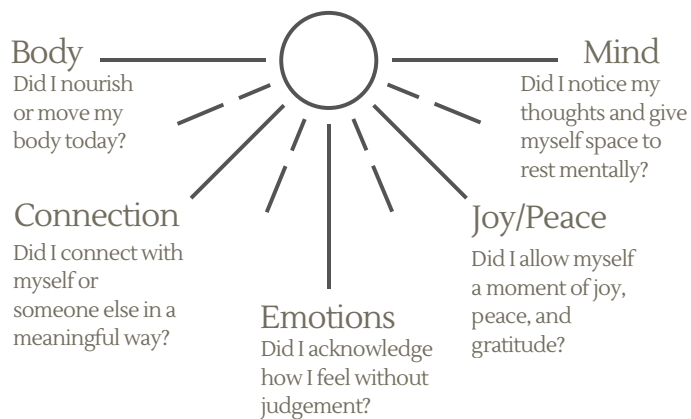
TODAY I WILL...

Prompt for the day:

SOMETHING SMALL I CAN DO FOR MYSELF THIS WEEK?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 68

Gratitude Journal:

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Morning Intention:

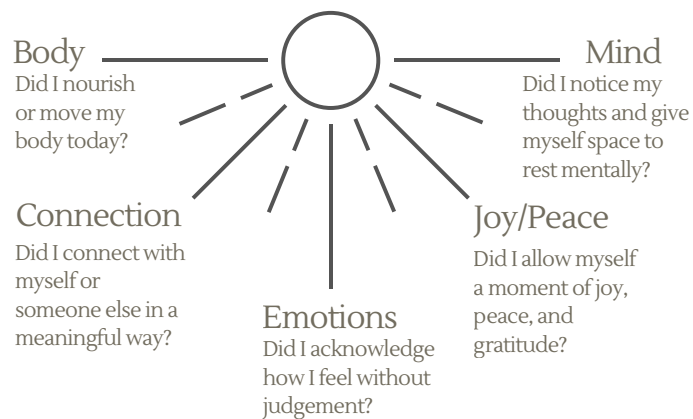
TODAY I WILL...

Prompt for the day:

WHO IN MY LIFE COULD USE A LITTLE MORE
COMPASSION RIGHT NOW?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 69

Gratitude Journal:

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Morning Intention:

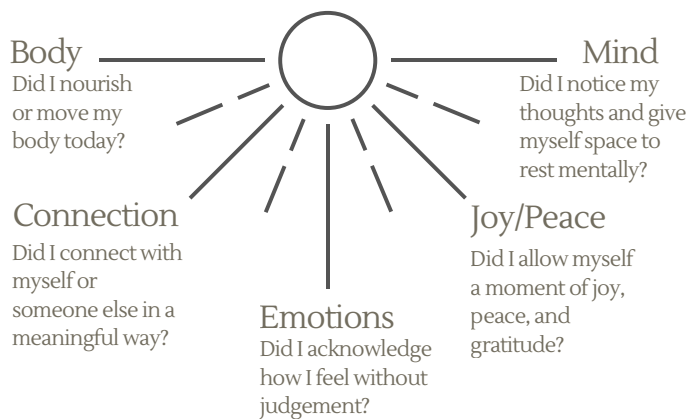
TODAY I WILL...

Prompt for the day:

WHAT DOES IT FEEL LIKE IN MY BODY WHEN I LEAD WITH EMPATHY?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 70

Gratitude Journal:

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Morning Intention:

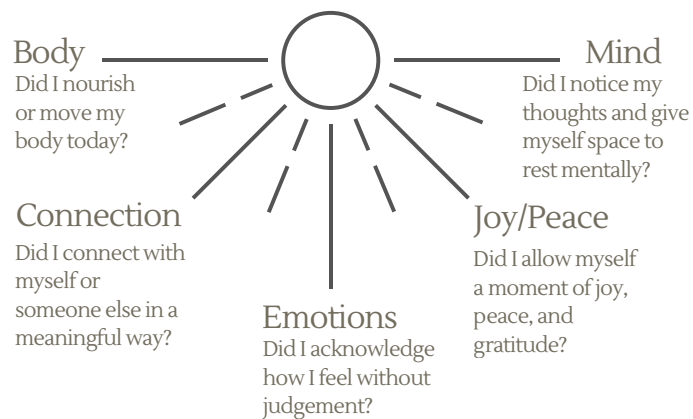
TODAY I WILL...

Prompt for the day:

HOW CAN I GIVE COMPASSION WITHOUT HOLDING
OTHERS BURDEN?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 71

Gratitude Journal:

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Morning Intention:

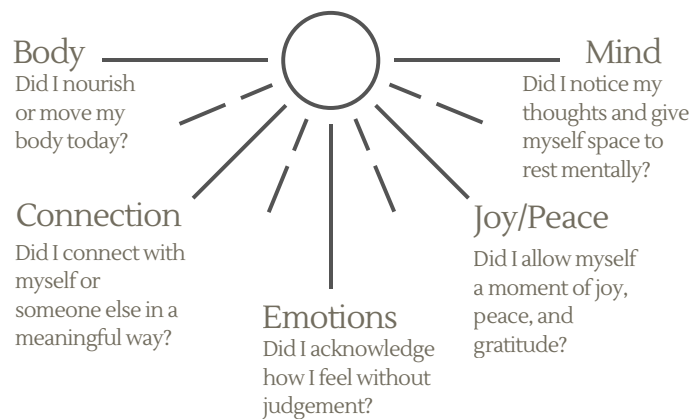
TODAY I WILL...

Prompt for the day:

WHAT DO I NEED TO LET GO OF OR FORGIVE TO
RELEASE WEIGHT FROM MY HEART?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 72

Gratitude Journal:

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Morning Intention:

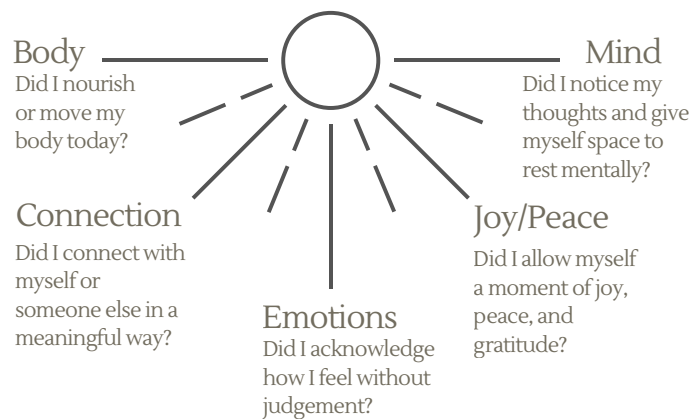
TODAY I WILL...

Prompt for the day:

HOW CAN I LISTEN TO UNDERSTAND?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 73

Gratitude Journal:

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Morning Intention:

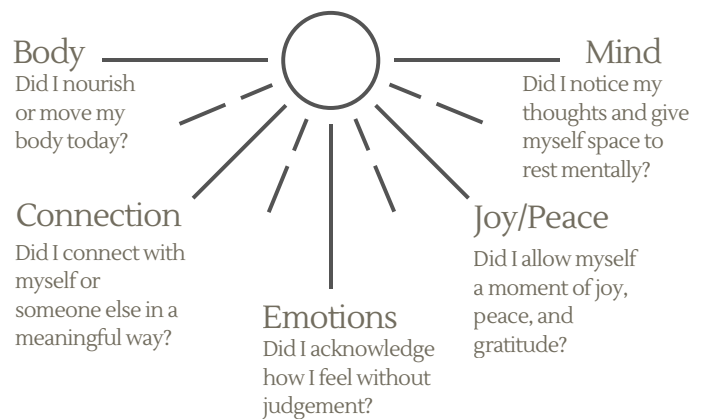
TODAY I WILL...

Prompt for the day:

WHAT HELPS ME SEE OTHERS THROUGH A MORE
COMPASSIONATE LENS?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 74

Gratitude Journal:

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Morning Intention:

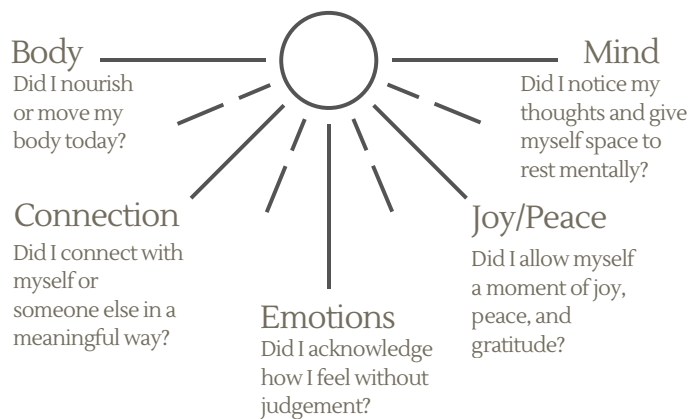
TODAY I WILL...

Prompt for the day:

HOW CAN I SHARE COMPASSION IN WAYS THAT FEEL
NATURAL AND HONORS MY BODY?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 75

Gratitude Journal:

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Morning Intention:

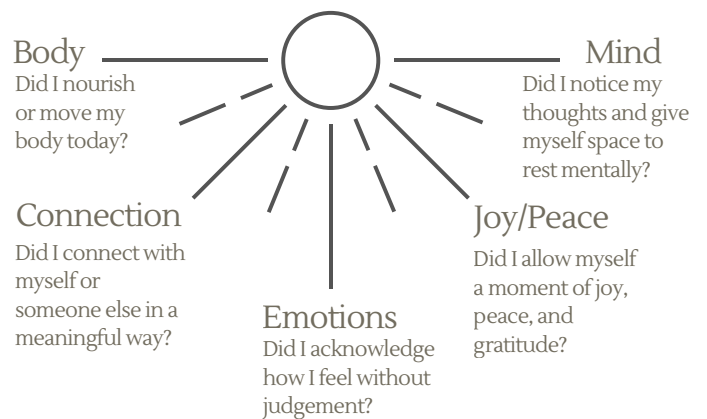
TODAY I WILL...

Prompt for the day:

WHAT AM I MOST PROUD OF THIS YEAR?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 76

Gratitude Journal:

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Morning Intention:

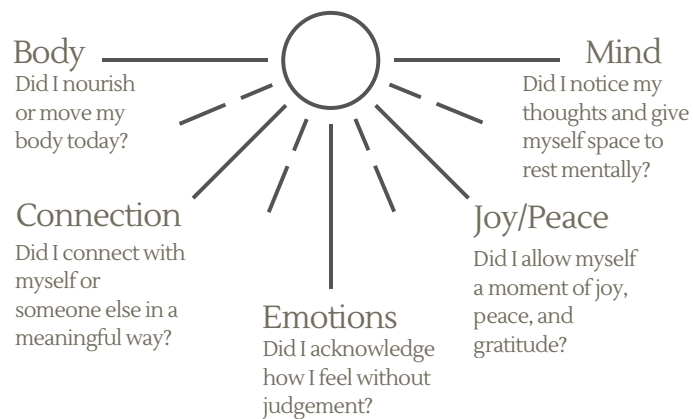
TODAY I WILL...

Prompt for the day:

WHAT CHALLENGES SHAPED ME THIS YEAR & HOW
DID I GROW FROM THEM?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 77

Gratitude Journal:

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Morning Intention:

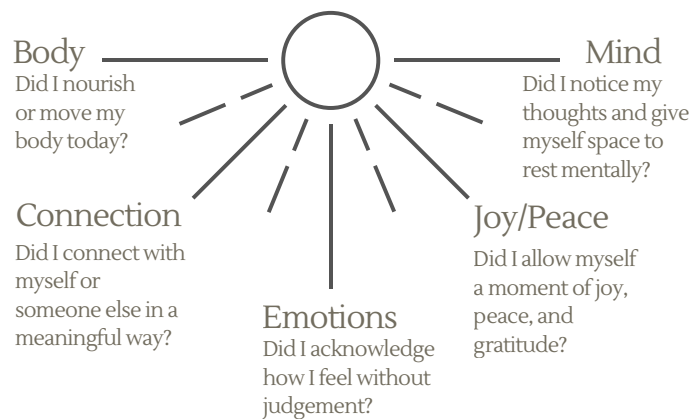
TODAY I WILL...

Prompt for the day:

WHAT LESSONS KEEP REPEATING ITSELF IN MY LIFE,
AND WHAT IS IT TRYING TO TEACH ME?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 78

Gratitude Journal:

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Morning Intention:

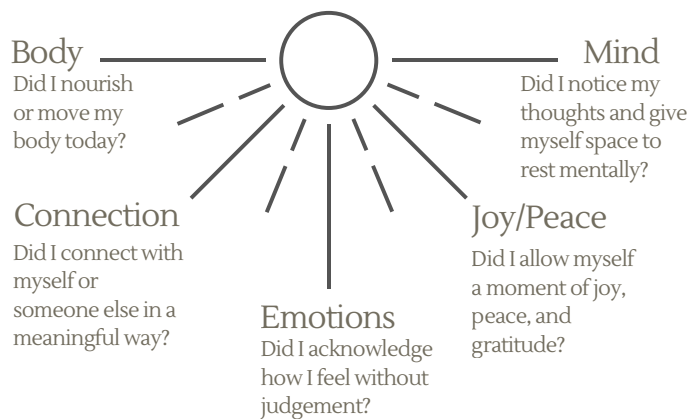
TODAY I WILL...

Prompt for the day:

WHAT AM I READY TO RELEASE FROM THIS YEAR?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 79

Gratitude Journal:

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Morning Intention:

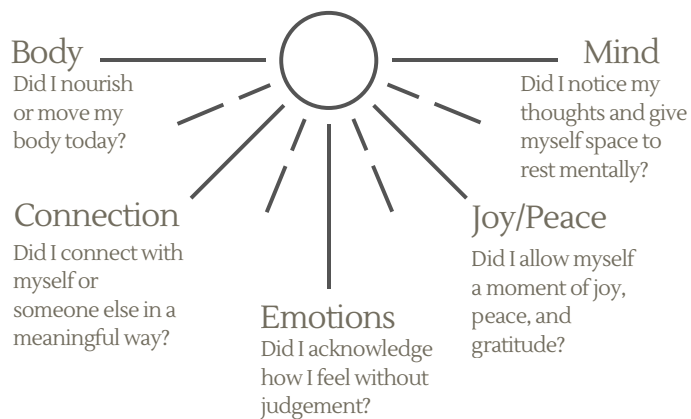
TODAY I WILL...

Prompt for the day:

WHAT SURPRISED ME ABOUT MYSELF THIS YEAR?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 80

Gratitude Journal:

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Morning Intention:

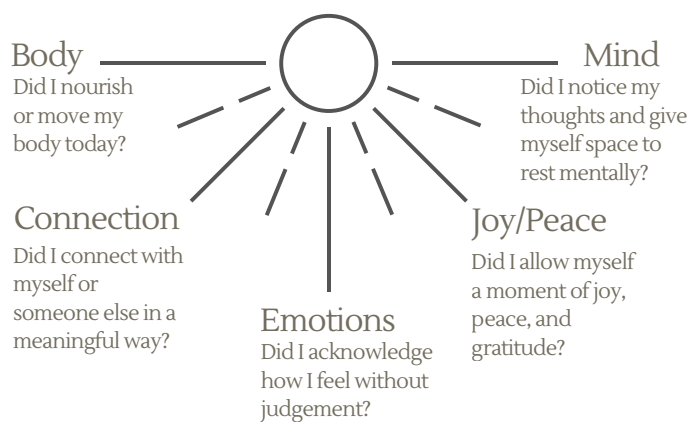
TODAY I WILL...

Prompt for the day:

WHAT MOMENTS OF GRATITUDE AND CONNECTION
CAN I TAKE WITH ME?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 81

Gratitude Journal:

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Morning Intention:

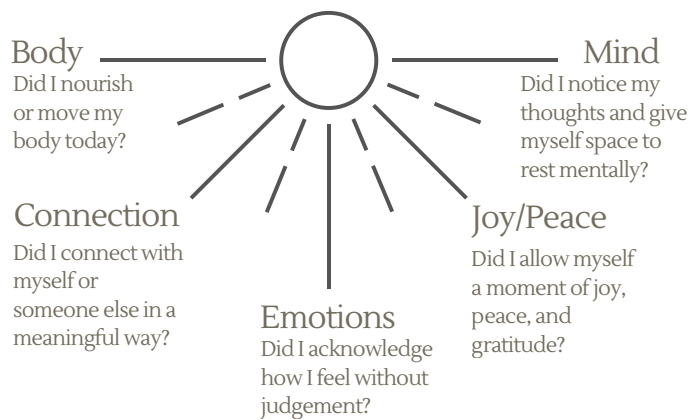
TODAY I WILL...

Prompt for the day:

WHAT QUALITIES DO I WANT TO BRING INTO THE NEW YEAR?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 82

Gratitude Journal:

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Morning Intention:

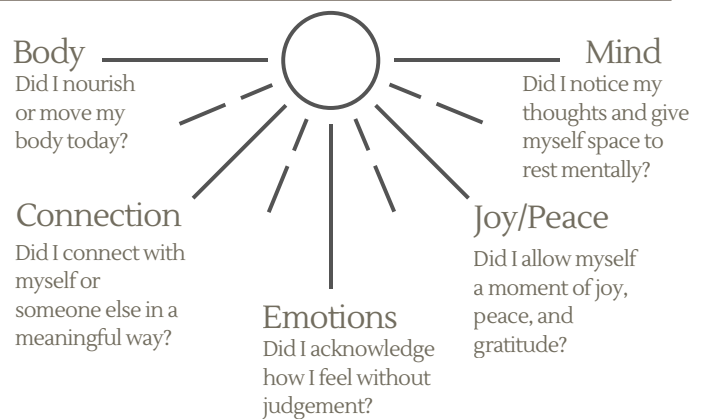
TODAY I WILL...

Prompt for the day:

WHAT IS ONE THING I WANT TO LEAVE BEHIND?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 83

Gratitude Journal:

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Morning Intention:

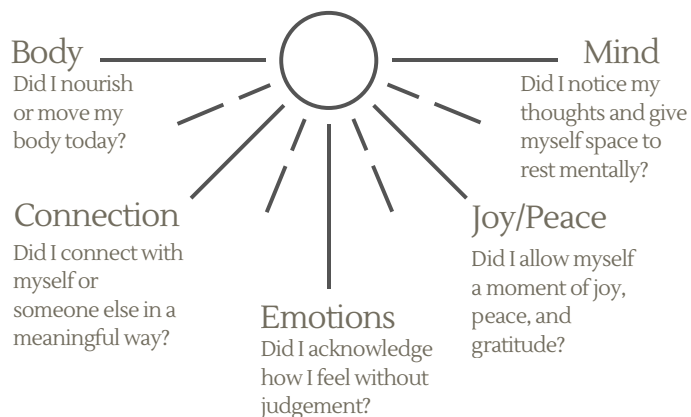
TODAY I WILL...

Prompt for the day:

WHAT DOES MY HEART NEED MORE OF NEXT YEAR?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 84

Gratitude Journal:

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Morning Intention:

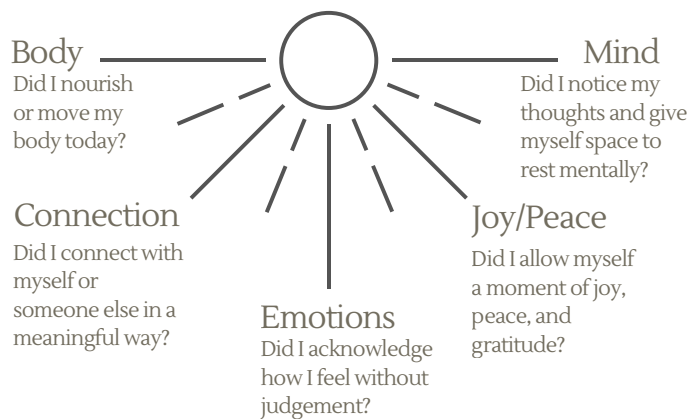
TODAY I WILL...

Prompt for the day:

HOW CAN I WEAVE COMPASSION AND EMPATHY INTO MY LIFE IN SIMPLE WAYS?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 85

Gratitude Journal:

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Morning Intention:

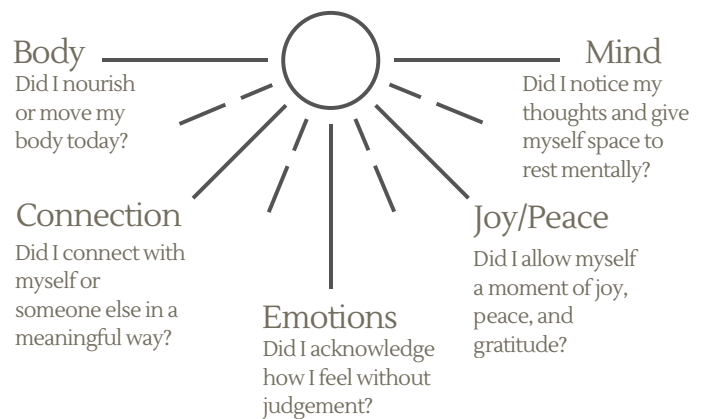
TODAY I WILL...

Prompt for the day:

WHAT DO BOUNDARIES WILL I HONOR MOVING FORWARD?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 86

Gratitude Journal:

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Morning Intention:

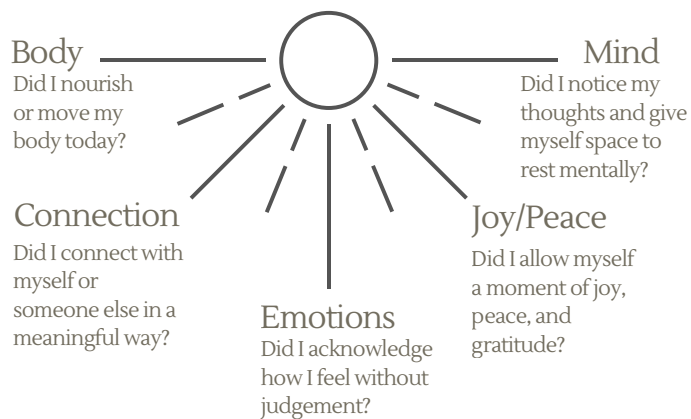
TODAY I WILL...

Prompt for the day:

WHAT RELATIONSHIPS DO I WANT TO NURTURE MORE?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 87

Gratitude Journal:

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Morning Intention:

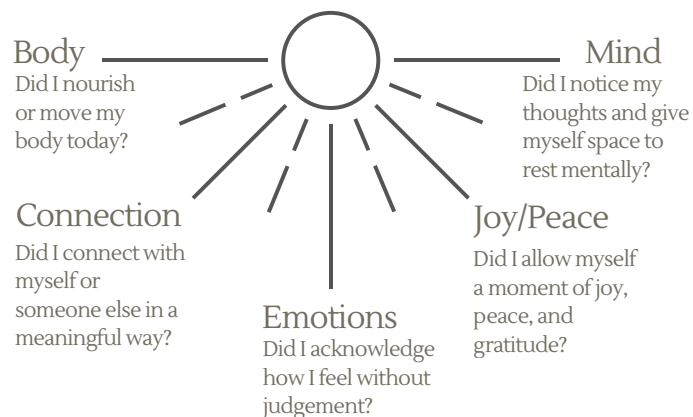
TODAY I WILL...

Prompt for the day:

WHAT DOES SUCCESS IN THE NEXT YEAR LOOK LIKE FOR ME? (MIND, BODY AND HEART)

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 88

Gratitude Journal:

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Morning Intention:

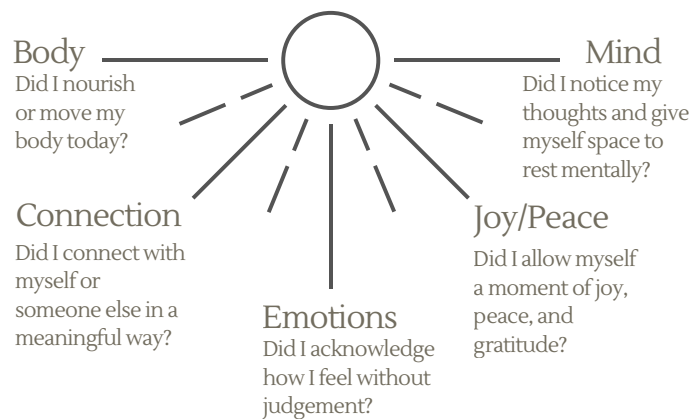
TODAY I WILL...

Prompt for the day:

HOW CAN I REMIND MYSELF TO SLOW DOWN AND REFLECT REGULARLY?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 89

Gratitude Journal:

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Morning Intention:

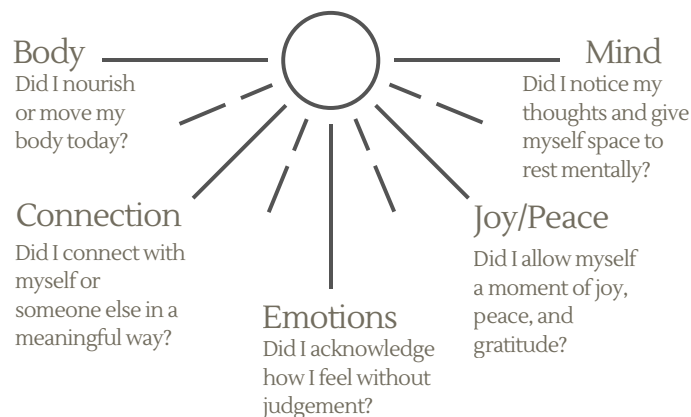
TODAY I WILL...

Prompt for the day:

WHAT FINAL WORDS OF GRATITUDE OR
COMPASSION DO I WANT TO OFFER MYSELF THIS
YEAR?

Evening Reflection:

Self Care Check In:



Closing Thoughts:

Date:

Day 90

Gratitude Journal:

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Morning Intention:

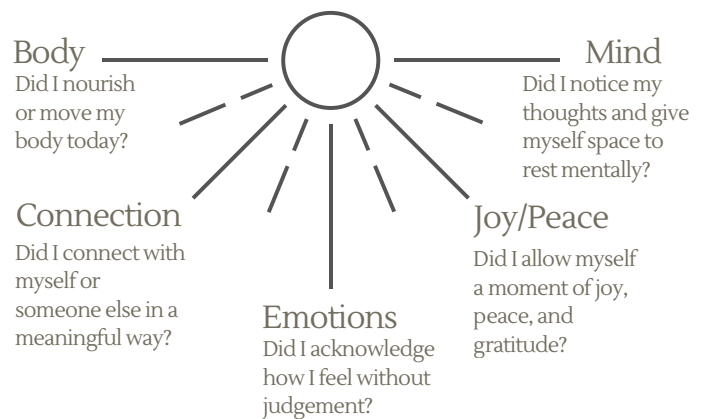
TODAY I WILL...

Prompt for the day:

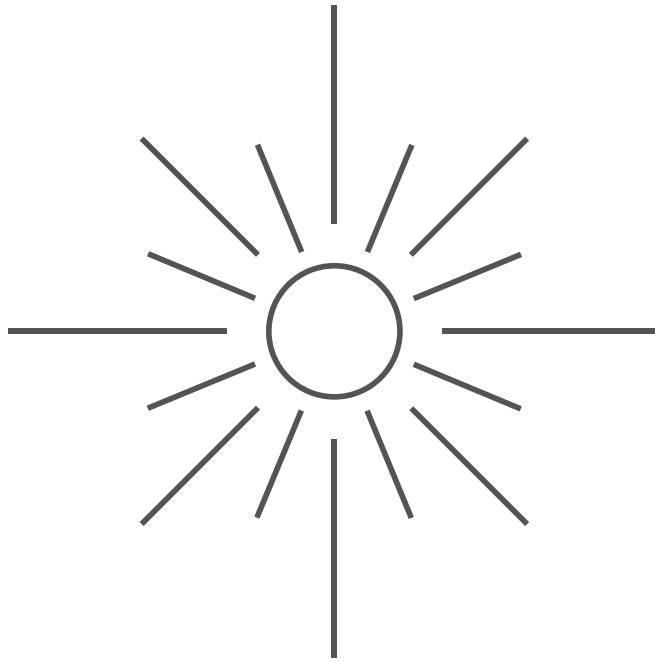
LOOKING BACK OVER THESE PAST 90 DAYS... HOW HAS GROUNDING, GRATITUDE, AND COMPASSION SHIFTED THE WAY I SEE MYSELF AND THE WORLD AROUND ME?

Evening Reflection:

Self Care Check In:



Closing Thoughts:



Closing Reflections

Thank you for taking this 90-day journey with me. The holiday season can stir up so much... joy, stress, connection, challenge... and yet, here you are, choosing presence and care. I hope these pages offered you moments of stillness, insight, and connection to yourself and others. I hope you step into the new year feeling a bit more whole, more grounded, and more compassionate.

Take with you what nourishes your heart and soul. Leave behind what no longer serves you. Trust that the seeds you've planted here... of gratitude, reflection, and compassion... will continue to grow long after these pages are complete.

Here's to new beginnings, gentle pauses, and a life lived with intention.

Love & Light,
Krista Yapp-Cooper, LMFT, 500Hr. E-RYT



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