



Rooted: A Spiritual Journaling Practice

Holiday Edition

REFLECTIONS FOR A SEASON OF MEANING, CONNECTION, AND PEACE

A Season for Reflection and Renewal

The holiday season invites us to slow down, reflect, and reconnect—with ourselves, with others, and with something greater.

Whether it's through traditions, memories, moments of quiet, or shared celebrations, this time of year can stir something spiritual in all of us. Spirituality may include religious beliefs, but it can also live in nature, music, giving, or acts of love and service.

An Invitation to Reflect

These journaling prompts are designed to help you explore what gives this season meaning in your life. Use them to explore what this season means to you—and what gives your life depth, warmth, and meaning. Take your time. Write what feels true.

Return to these throughout the season as your thoughts unfold.










Reflect on what spirituality means to you during the holiday season.



Think about the people—past or present—who shaped your holiday traditions or spiritual beliefs.



-  Write about the holiday moments (big or small) that make you feel most connected or at peace.
-  Explore what you're most grateful for this season and how you express that gratitude.
-  Describe a guiding principle or value that helps you stay grounded during the busyness of the holidays.
-  Recall a time when you felt deeply moved, uplifted, or filled with wonder during this season.
-  Consider what you believe the world needs more of this time of year—and how you might offer it.
-  Think about something that did—or didn't—happen this season, and reflect on whether it was chance or part of something greater.
-  Write about a spiritual or life question that seems to surface for you each holiday season.

Your Journey From Here

In the glow of the holiday season, we're reminded to look inward and outward—to nurture what brings us peace and to share that light with others. As you move through these reflections, may they guide you back to what matters most: love, meaning, connection, and presence.

Additional Spiritual Wellness resources can be found at: lec.org/resources/spiritual-wellness

