


December Journal prompts



1. What is one goal I want to achieve this month?
 2. Write about 3 people who have had an impact on
your life
 3. List 5 things you are grateful for
 4. Write about a childhood memory
- 

"Listen to the voice of your soul,
for it will never lead you in the wrong direction"
Coastal Counselling



Aberystwyth



coastalcounsellingwales@gmail.com



www.coastalcounsellingwales.co.uk

Coastal Counselling
— & Therapeutic Services