

December Turning Point Journal



*Your Reflection Roadmap
for 2026*

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Let's Set the Stage...



December is not just the end of a calendar year; it is a living doorway. Nature is shifting its rhythm at the solstice, the light is changing direction, and you are being invited to choose the direction of your own life as well. While the world races toward more chaos, speed, and artificial control, you still have a profound power: the power to decide how you will walk into 2026, who you will be, and what you will create.

This guide is here to help you align with the natural energy of December and consciously set your trajectory for the coming year. You don't have to control the world to change your life. By reflecting on a few key questions and making small, intentional adjustments, you can step into 2026 with clarity, stability, and a deeper connection to your soul's true path.



Want to get even more out of the worksheet? Check out this blog, too! Just [click here](#) or scan the code to read it.



Part One:

Your 6 December Questions



Use the following questions as a personal worksheet. Give yourself space, honesty, and gentleness as you write. You can move through them all at once or return to them over several days.

1. What does **stability** mean for me?

2. What do **prosperity & abundance** mean for me?

3. If 2026 truly supported my heart, **what would my daily life look like?**

Part One: Your 6 December Questions (*continued*)

4. What **cannot** come with me into 2026?

5. What **beliefs** am I ready to release?

6. What are my **non-negotiables** for 2026?

Part Two:

3 Phases of a Conscious December



Think of December as a natural arc: first you loosen the world's grip on your energy, then you make gentle adjustments, and finally you set a clear intention for your path ahead. Use these simple journal prompts to help you anchor each phase in a practical way.

You can return to these prompts as often as you like. Each time you do, you are reinforcing a new inner trajectory, rather than unconsciously following the path the world sets for you.

1. Early December: Loosen the World's Grip.



Journal Prompt:

Where am I currently allowing the world (news, technology, other people's expectations, etc.) to dictate my mood and my thoughts? What is **one small change** I can make this week to reclaim my inner space?

2. Mid-December: Gentle Adjustments with Real Impact



Journal Prompt:

Looking at 1) my body and health, 2) my money and work, and 3) my relationships and home, **what is one realistic adjustment in each area** that would help me feel more stable and supported in 2026?

3. The Solstice and Beyond: Intention, Vision, and Ritual



Journal Prompt:

If I look ahead to 2026, **how do I want to feel about my life?** What simple ritual or symbolic action can I take now to mark this as my turning point into that new reality?

Stepping into 2026 as a Conscious Creator



You are not here to be tossed around by global chaos and artificial timelines. You are here as a conscious creator who can align with the deeper order of nature and the wisdom of your own heart. As you move through these questions and reflections, you are doing something incredibly powerful: you are choosing the way you will walk into the coming year.

Let this become your quiet declaration as you step into 2026:

***“I know who I am. I know where I’m going.
And I know what I am creating.”***



A Next Step for Your Journey...

If you’re ready to have an incredible 2026, I want to give you a **proven way** to create exactly what you desire. Let me show you step-by-step how to go from a **vision** that excites you, to a **plan** that feels doable, to manifesting **real physical results** in your daily life.

You can [click here](#) to learn more, or scan the QR code below.

