

12 Days of Yule: Journal Prompts for Reflection and Magic

JOURNAL PROMPTS TO DEEPEN YOUR YULE EXPERIENCE AND CREATE A
RECORD OF YOUR SPIRITUAL JOURNEY THROUGH THE DARKEST DAYS AND
INTO THE RETURNING LIGHT.

Tips for Journaling through Yule

- Create sacred space: Light a candle, burn incense, or play soft music before you begin writing.
- Be honest: Your journal is for you alone. Write without censoring or judging yourself.
- Don't overthink: If a prompt doesn't resonate, skip it or modify it. Trust your intuition.
- Return and reflect: Consider revisiting these entries throughout the year to see how you've grown.
- Make it magical: You can write with intention, charge your journal with crystals, or seal pages with wax and sigils.
- Combine with ritual: Journal before or after your daily Yule activities to deepen the experience.

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Day 1: Mother's Night (December 20/21)

Honoring the Divine Feminine and Ancestral Mothers

1. Who are the maternal figures (biological, chosen, or spiritual) who have shaped who you are today? What gifts did each one give you?
2. Reflect on the divine feminine energy in your life. How do you embody qualities like nurturing, intuition, creativity, or protection?
3. Write a letter to an ancestor or maternal figure (living or deceased) expressing gratitude for their influence on your path.
4. What wisdom have the women in your lineage passed down to you? What wisdom do you want to pass forward?
5. If you could ask your ancestors one question about navigating life's challenges, what would it be? Sit quietly and write whatever answer comes to you.

Day 2: Winter Solstice (December 21/22)

Death, Rebirth, and the Return of the Sun

1. What needs to die in your life so that something new can be born? What are you ready to release as the old sun sets?
2. Describe a time when you experienced a personal "dark night of the soul." How did you find your way back to the light?
3. The sun is reborn today after the longest night. What part of yourself is ready to be reborn? What does this renewed version of you look like?
4. What darkness (literally or metaphorically) are you grateful for? What has it taught you?
5. Write about the balance between light and dark in your life. How do you honor both?

Day 3: Family and Feasting Day (December 22)

Community, Gratitude, and Togetherness

1. List ten things you're grateful for in your relationships (family, friends, chosen family, community, coven).
2. What does "family" mean to you beyond blood relations? Who are your people?
3. Reflect on a cherished memory of gathering with loved ones. What made it special? How can you create more moments like this?
4. Is there a relationship that needs mending or attention? What small step could you take toward healing or connection?
5. How do you nourish others? How do you allow others to nourish you?

Day 4: The Wild Hunt (December 23)

Honoring Spirits, Ancestors, and the Otherworld

1. What messages have you received from dreams, signs, or intuition lately? What might your ancestors or guides be trying to tell you?
2. Describe your relationship with the spirit world. Are you comfortable with it, afraid of it, curious about it?
3. What shadows are you ready to confront? What have you been avoiding that prowls at the edges of your consciousness?
4. Write about a time when you felt the presence of something beyond the physical world. How did it affect you?
5. If you could receive guidance from any ancestor or spirit guide, who would it be and what would you ask?

Day 5: Community and Generosity Day (December 24/25)

Giving, Sharing, and Connection

1. Reflect on the most meaningful gift you've ever received. What made it special?
2. How do you practice generosity beyond material things? What do you give of yourself?
3. Where in your life could you be more open-hearted? What holds you back from giving or receiving freely?
4. Write about someone who has been generous with you this year. How did their kindness impact you?
5. What gifts do you possess (talents, wisdom, time, energy) that you could share more freely with your community?

Day 6: Spiritual Cleansing and Renewal (December 26)

Purification and Fresh Beginnings

1. What emotional, mental, or spiritual "clutter" are you carrying that no longer serves you?
2. Describe what a purified version of your life looks like. What stays? What goes?
3. What patterns or habits do you need to cleanse from your daily life to make room for growth?
4. How do you feel about endings? Are you comfortable with letting go, or do you tend to cling?
5. Write a release statement: "I release _____ and make space for _____."

Day 7: Wisdom and Divination (December 27)

Seeking Guidance for the Coming Year

1. What question most needs answering in your life right now? If you performed divination, what answer would serve your highest good?
2. Reflect on the wisest decision you made this past year. What guided you to that choice?
3. What lessons has this year taught you? How have you grown in wisdom?
4. Where in your life do you need more clarity? What's preventing you from seeing clearly?
5. If your future self from one year ahead could send you a message, what would they want you to know?

Day 8: Nature Connection (December 28)

Honoring the Sleeping Earth

1. How does winter make you feel? What does the dormancy of nature teach you about rest and renewal?
2. Describe your relationship with the natural world. How do you honor and connect with nature in your practice?
3. What parallels do you see between the cycles of nature and the cycles in your own life?
4. Which element (earth, air, fire, water) do you feel most connected to right now, and why?
5. If you could receive wisdom from any plant, tree, or animal, what would you choose and what would you ask?

Day 9: The Yule Log (December 29)

Burning Away the Old, Welcoming the New

1. What from this past year are you ready to burn away? Write it all down—resentments, regrets, pain, disappointment.
2. As the log burns, what are you inviting to emerge from the ashes? What phoenix-like transformation are you calling in?
3. Reflect on the element of fire in your life. Where do you need more passion, energy, or transformative power?
4. What needs to be destroyed before something better can be built?
5. Write about a time when loss or destruction ultimately led to something better in your life.

Day 10: Reflection and Planning (December 30)

Introspection and Intention-Setting

1. Review your year: What were your highest highs and lowest lows? What connected them?
2. What magical or spiritual goals do you have for the coming year? Be specific.
3. Looking back at who you were on January 1st of this year, how have you changed? Would that version of you recognize you now?
4. What three words do you want to define your next year? Why these words?
5. Complete these sentences:
 - ~ This year I learned...
 - ~ Next year I will...
 - ~ I am becoming....

Day 11: Celebration and Joy (December 31)

Release, Celebration, and Transition

1. What are you most proud of from this past year? Celebrate yourself—what did you accomplish, survive, or overcome?
2. How do you want to feel as you step into the new year? What energy are you calling in?
3. What brings you genuine joy? How can you invite more of it into your life?
4. Write about a perfect moment from this past year—a time when you felt truly alive and present.
5. What limiting beliefs or stories about yourself are you leaving behind in the old year?

Day 12: New Beginnings (January 1)

Renewal, Fresh Starts, and Manifestation

1. How do you want to become in this new year? Describe this version of yourself in detail.
2. What seeds (literal or metaphorical) are you planting today? What do you hope they'll grow into?
3. Write a letter from your future self one year from now, describing all you've accomplished and how you got there.
4. What does "success" look like for you in the coming year? How will you know you're on the right path?
5. Complete this statement: "I am ready for..."