



FROM OVERWHELM TO CLARITY

*A 31-Day December Journalling
Challenge*

*“Who looks outside, dreams; who looks inside, awakens.” –
Carl Jung*

Dr. Ute Swanson Coaching

Week 1:

TELL THE TRUTH ABOUT NOW

1. What has been the biggest source of overwhelm for you lately — mentally, emotionally, or physically?
2. What do you keep doing because it feels easier than changing it?
3. What have you been quietly putting up with?
4. What repeatedly left you feeling depleted this year?
5. Which responsibilities require more effort from you now than they used to?
6. What do you wish you had more room for in your life right now?
7. What part of winter (practical or emotional) challenges you most, and how do you support yourself through it?

Integration:

Take a moment to notice what stands out. What's asking for your attention right now?



Week 2:

WHAT SUPPORTED YOU

8. What - or who - genuinely supported you this year?
9. What small moments lifted your mood more than you expected?
10. Which personal strengths did you rely on most this year?
11. What personal progress did you make, even if nobody else noticed?
12. What helps your mood or energy during the darker months?
13. What boundaries (formal or accidental) actually helped you this year?
14. What did you do this year that deserves more credit than you gave yourself?

Integration:

Notice the things that helped. These are strengths you can lean on again.



Week 3:

LET GO OF WHAT WEIGHS YOU DOWN

15. What expectation of yourself has become unrealistic at this stage of life?
16. Where has perfectionism limited you this year?
17. What guilt are you ready to release?
18. Which roles or responsibilities are you holding onto out of habit rather than choice?
19. What frustration has taken up more space than it deserved this year?
20. What have you held back from saying or doing in order to keep the peace?
21. What story about yourself are you ready to stop believing?

Integration:

Read your answers with compassion. What feels ready to be released?



Week 4:

REDISCOVER WHAT MATTERS

- 22. What actually matters to you at this stage of life, not what should matter?
- 23. Which values guided your decisions most this year?
- 24. What do you want more of in your life next year?
- 25. What habits, commitments, or thought patterns would you like to reduce?
- 26. Which personal need have you been overlooking?
- 27. Which boundary would make your life easier if you stuck to it?
- 28. What desire have you pushed aside that deserves attention again?

Integration:

Notice what feels important. These are signposts for the year ahead.



Final Days:

FINAL DAYS — CHOOSE YOUR DIRECTION

- 29. What no longer deserves your time or energy next year?
- 30. What intention feels genuinely right for you moving into 2026?
- 31. What's one small action you can take in January to support that intention?

Integration:

Look at what emerged. What's one thing you want to carry into Januar, could be a value, a boundary, a need, or a small habit?



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Space for Reflections

EXPLORE YOUR VALUES HERE

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