

JANUARY

JOURNAL PROMPTS

1. What are you looking forward to in 2019
2. List your successes from 2018
3. What is one of your goals for this year? Why did you choose this goal? How do you plan to achieve it?
4. What's one lesson you learned in 2018 that you're thankful for?
5. What's your word, theme or mantra for the year? Why does this resonate with you?
6. Write a letter to your 2019 self about your hopes, dreams and goals for the year and open it at the end of 2019.
7. Make a list of the books you would like to read this year
8. Today I wish I had more ...
9. What are your top three priorities today?
10. What are you letting go of in 2019
11. What are you saying yes to in 2019?
12. Is there a new skill you want to learn? What is it? Why do you want to learn this skill?
13. Make a list of people, places and things that inspire you right now
14. What was the best part of your day?
15. Write down one thing you love about yourself
16. What are you thankful for right now?
17. What made you smile today?
18. What song lyric, quote or scripture inspires you right now?
19. What's something you've always wanted to do but have been too scared? How can you overcome that fear to do this?
20. 3 things you can't live without right now?
21. Who is someone you miss?
22. What's one travel destination you want to visit and why?
23. What's on your 2019 bucket list?
24. What do you regret?
25. Who do you admire and why?
26. List the 5 people (alive or dead) that you would love to have dinner with. Bonus prompt: write what you would talk about
27. Make a list of all of your strengths
28. One wish I have for 2019
29. Today I feel...
30. What 3 things brought you joy this week?
31. What one word describes this month