

January

JOURNAL PROMPTS

1.

What are you looking forward to this year?

2.

List 3 to 5 lessons you learned last year.

3.

What is your word, theme or mantra for this year?

4.

List 3 big crazy dreams you would like to achieve and share why.

5.

Make a list of all the things you want to let go of this year.

6.

Make a bucket list for this year.

7.

List 3 to 5 goals you would like to achieve this year.

8.

What is one thing you want to start doing this year?

9.

Share 1 to 3 habits you want to start and 1 to 3 you want to quit.

10.

List 5 things you appreciate right now.

11.

What are three things you want to improve about yourself?

12.

This time next year, I will be...

13.

When do you feel like your best self?

14.

What's one goal you can accomplish by the end of this month?

15.

What is one thing you're wishing for this year?