

JOURNAL PROMPTS

Reflecting on Last Year

- What were my biggest challenges for the year?
- What were my biggest successes for the year?
- How would I describe the kind of person I was this year?
- How well did I take care of myself this year?
- What kind of boundaries did I establish for myself this year?
- What were my top 3 priorities this year?
- What did my typical daily routine look like?
- How satisfied was I with my work this year?
- What role did my environment play in supporting me?
- What emotions did I experience this past year?
- What was my mindset like this year?
- Who did I connect with this year?
- How did I relax and unwind this year?
- Who am I most grateful for?
- What am I most grateful for?
- Did I achieve my goals this year?
What factors contributed to this?

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Envisioning a Vibrant Life

- What kind of person do I want to be next year?
- How will I commit to taking better care of myself next year?
- What do I want my boundaries to look like next year?
- What do I want my routine to look like next year?
- What could I do next year to feel fulfilled with work?
- How can I better set up my environment for success?
- What emotions do I want to embrace next year?
- How will I commit to keeping a healthy mindset next year?
- What kind of people do I want to surround myself with next year?
- What do I want to explore more of next year?
- How can I express my gratitude more next year?
- What are my goals for next year?

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Introspective

- How can I simplify my life in little ways?
- What advice should I give myself right now?
- What 10 things bring me joy?
- How can I make more time for the things that bring me joy?
- What fears do I have? How have my fears changed over the course of my life?
- What are some things that I love about this time in my life?
- What do I need to be content?
- Reflect on one of the greatest life lessons I've learned.
- How would I like to be remembered when I'm gone?
- What is my most treasured possession and why?
- What do I understand now that I didn't understand a year ago?
- What do I wish I knew 5 years ago?
- What do I wish more people understood about me?
- List 5 reasons not to give up.
- List 10 things I love about myself.
- How do I show compassion to others? How can I extend that same compassion to myself?
- What values do I consider most important in life? How do my actions align with those values?
- What opinion/s have I held in the past but have since questioned or changed? What led me to change those opinions?
- What difficult thoughts or emotions come up most frequently for me?
- What are 3 self-defeating thoughts that show up in my self-talk? How can I reframe them to encourage myself instead?
- What distractions get in the way of me feeling most productive?
- What are the things in my home that are the most "me?"
- Write a letter to myself 5 years from now.

The background of the entire page is decorated with soft-focus, overlapping pink and magenta flower petals, some of which are in sharp focus at the edges, creating a delicate and artistic frame.

What do these quotes mean to me?

"Don't judge each day by the harvest you reap but by the seeds that you plant."

~ Robert Louis Stevenson

"Try not to become a person of success, but rather try to become a person of value."

~ Albert Einstein

"The foolish man seeks happiness in the distance, the wise grows it under his feet."

~ James Oppenheim

"It's not what you look at that matters, it's what you see."

~ Henry David Thoreau

"All the mistakes I ever made in my life were when I wanted to say No, and said Yes."

~ Moss Hart

"You are allowed to be both a masterpiece and a work in progress, simultaneously."

~ Sophia Bush