

JOURNAL PROMPTS

Reflecting on 2021

- 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?

The page is decorated with pink flower petals scattered around the edges. A central white rectangle with a pink border contains the text.

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Envisioning a vibrant 2022

- 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, painterly illustrations of pink and red flower petals, some fully open and others as buds, scattered around the central text boxes.

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