

NEW YEAR JOURNAL PROMPTS

1. What kind of year was 2020 for you ?
2. What are you grateful for?
3. What lessons did you learn?
4. What chapters did you close in 2020?
5. What surprised you the most in 2020?
6. What are you proud of?
7. What did you welcome into your life in 2020?
8. What supported you in 2020?
9. What are you carrying with you into the new year?
10. What does your ideal 2021 look like?
11. What are your words (themes) for 2021?
12. What do you want to invite into your life in 2021?
13. How do you want to grow this year?
14. What kind of support do you need in 2021?
15. How do you want to feel this year?
16. What are your goals this year?
17. What are you ready to do to achieve your goals this year?
18. What action are you committing to daily to achieve your goals?
19. What are you willing to let go of to achieve your goals and why?
20. What does your ideal day look like (be specific from start to the end of the day)