

## January Journal Prompts

1. What accomplishments from last year are you proud of?

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2. What are 3 lessons last year taught you?

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3. What have you learned about yourself this past year?

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4. What do you feel most grateful for from last year?

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5. What habits and relationships do you need to leave behind from last year?

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6. What do you need to forgive yourself for from last year?

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7. What's one thing you can look forward to this year?

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8. What area of your life do you need to focus more on?

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9. What good habits do you want to start this year?

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10. What are your health goals for this coming year? What habits will help you reach those goals?

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11. How do you feel about your current mental health? What can you do to improve it and become more resilient?

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12. How do you plan on showing yourself more love and compassion this year?

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13. What are your financial goals this year? What practices can you implement to help you reach your goals?

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14. What new things do you want to try for this year that will push you out of your comfort zone?

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15. Make a list of your current weaknesses. How can you change these?

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16. How healthy are your relationships? What can you do to improve them?

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17. What new skills do you want to learn this year?

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18. What interests do you want to pursue this year?

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19. What limiting beliefs do you have about yourself? How do you plan to change them?

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20. What do you need to stop judging yourself and others for?

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21. What change can you make that will make your life easier?

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