

New Year Journal Prompts

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WHAT ARE YOUR TOP 3 GOALS FOR THE NEW YEAR?

1.

2.

3.

WHAT WAS YOUR FAVORITE MEMORY OF 2018?

HOW DID YOU OVERCOME A STRUGGLE IN 2018?

WHAT ARE SOME WAYS YOU CAN PICK YOURSELF UP WHEN YOU'RE FEELING DOWN?

WHAT BRINGS YOU JOY?

WHAT ARE SOME WAYS YOU CAN WORK TOWARDS YOUR GOALS?

HOW CAN YOU HELP OTHERS IN 2019?

WHAT IS ONE THING YOU WANT TO DO FOR YOURSELF IN 2019?

WHAT IS HOLDING YOU BACK?

HOW DO YOU PLAN TO GROW?