

January

JOURNALING PROMPTS

1. How did you celebrate the coming of the new year?
2. What is something that you are leaving behind in 2023?
3. What is your word of the year this year?
4. What are the three most memorable events from last year?
5. Do you prefer to travel during the holidays or stay home?
6. What stressed you out today?
7. What are some things that you can do to make a positive impact on someone's life this year?
8. Describe your perfect meal.
9. Would you rather be the host of the party or attend a party?
10. What is a decision that you made recently that you are not proud of?
11. Reflect on the first 10 days of the year. Do you think this is a good representation of the rest of the year? Why or why not?
12. What are some worries that you have? How can you let them go?
13. What is one thing that you want to remember from today?
14. Who are some people that can you count on?
15. How would you rate your anxiety level on a scale of 1-10?
16. What are 5 positive affirmations that you can tell yourself?
17. Who showed you kindness recently?
18. Would you rather have a big family or small family?
19. Look around and pick something that you can declutter from your house. What did you pick?
20. How can you be more intentional with your time this week?
21. If you can become any animals, what would you be?
22. What do you wish you did more of? What's stopping you?
23. What is something that you look forward to each day?
24. Write a summary about your day today.
25. What is a quality that you lack that you wish you had?
26. What do you do when you feel overwhelmed?
27. What are you grateful for today?
28. If you can only pick one, would you rather have a personal maid or a personal chef?
29. What do you enjoy listening to when driving in the car?
30. Who makes you feel loved?
31. How was your January?