

January Journal Prompts

- 1.) What was your first meal of the year?
- 2.) Choose a word for this year and explain why.
- 3.) This time next year I will be: _____.
- 4.) My top 10 goals for the year are...
- 5.) 5 bad habits I'd like to get rid of this year are...
- 6.) Something I'd like to try this year that I've never tried before is...
- 7.) 3 qualities I'd like to strengthen about myself are...
- 8.) Write an encouraging letter to the parts of yourself that might be hurt or disappointed.
- 9.) Make a list of books you want to read this year.
- 10.) Make one tangible goal that you can accomplish in the week ahead.
- 11.) Write about your current home: describe how it looks, feels, what you like about it.
- 12.) Describe your current self in 4 words.
- 13.) Write a haiku about your day.
- 14.) If you could live inside of any movie, it would be _____.
- 15.) Write and process through an event that has been troubling you lately.
- 16.) What's something you achieved last year that you're proud of?
- 17.) Write about the last moment that made you feel truly happy.
- 18.) If you could summarize this season of your life in one word it would be _____.
- 19.) 5 things that bring you joy that money can't buy.
- 20.) The biggest lesson I learned from last year was...
- 21.) Describe your partner or closest friend in 4 words.
- 22.) I feel like my best self when _____.
- 23.) You are doing better than you think you are! Give yourself 3 sincere compliments!
- 24.) Write down your favorite memory from today.
- 25.) Find a verse, poem, or quote that inspires you in your current situation.
- 26.) Where is the most inspiring place you've ever been?
- 27.) Make a list of 5 of your favorite songs right now.
- 28.) What's the biggest thing you've learned from the latest book or article you've read?
- 29.) When you envision the person you are in a year, what are you like?
- 30.) What have you accomplished this month?
- 31.) Write down one word to describe this month for you.

