

New Year Journal Prompts

What Went Well in 2023

I accomplished...

I feel good about...

I took care of myself by...

I'm grateful for...

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What Went Well in 2023

Something positive I wouldn't have normally done...

A happy memory was...

I felt passionately about...

Something funny I want to remember is...

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Acknowledging Challenges of 2023

2023 was hard for me because...

I was stressed or anxious about...

I'm grieving the loss of...

I struggled with...

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Notice How Far You've Come

As a result of these struggles I learned...

I can cope with stress and uncertainty by...

Some things I've learned about myself are...

Some things I've learned about others are...

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Notice How Far You've Come

I didn't know I could...

I learned that I like...

I learned that I don't like...

For the first time I...

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Intentions For The New Year

This year I want to focus on...

I want to learn or improve...

I'm looking forward to...

A habit/activity I want to continue from 2023 is...

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Intentions For The New Year

A habit I want to change is...

I want to strengthen my relationship with...

I will connect with others by...

I will accept others as they are by...

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Intentions For The New Year

I will take care of myself by...

I will show myself compassion by...

Something I want to do for others is...

A creative project I want to work on is...

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Intentions For The New Year

If I could add anything to my life this year it would be...

To be physically healthier I will...

To be mentally healthier I will...

I will ask for support and accountability from...
