



January Journal Prompts

What was the biggest challenge of 2023?

What lessons did you learn last year?

What were the best five things that came out of last year?

How did 2023 shape you?

What do you need to let go of from last year

What are your personal goals for this year?

Write yourself a love letter, put it somewhere safe so you can read it at the end of the year.

What support do you need to make this year amazing?

List 10 fun things you'd like to do this year

What do you need to call in for 2024?

How do you want this year to *feel*?