

New Year Journal Prompts

What went well in 2025:

I accomplished _____

I feel good about _____

I took care of myself by _____

I'm grateful for _____

A happy memory was _____

Something positive I wouldn't have normally done _____

Something funny I want to remember is _____

I felt passionately about _____

Acknowledging challenges of 2025:

2025 was hard for me because _____

I was stressed or anxious about _____

I'm grieving the loss of _____

I struggled with _____

I feel sad about _____

I feel angry about _____

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 learned about myself are _____

Some things I learned about others are _____

I didn't know I could _____

I learned that I like _____

I learned that I don't like _____

For the first time I _____

After learning some life lessons, going forward I will _____

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 last year is _____

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 _____

Something I want to do for others is _____

I will take care of myself by _____

I will show myself compassion by _____

A creative project that I want to work on is _____

This year I want to add more _____ to my life

To be physically healthier I will _____

To be mentally healthier I will _____

I will ask for support, help, or accountability from _____