

# 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\_\_\_\_\_