

# New Year Journaling

## 16 ACTIVE JOURNALING PROMPTS

### Gratitude

- What is something I achieved in 2019 that I am proud of?
- What person / people have made the biggest impact in my life in 2019? Why? How can I show gratitude to them for this?
- What are the 3 most important things I learned this year?
- What is the nicest thing someone else did for me this year?
- What are my favourite memories from 2019?

### Growth

- What was the most challenging part of 2019?
- What area/s can I notice the biggest improvements?
- Knowing what I know now, what advice would I give myself at the start of 2019? How can I bring this into 2020 with me?
- What could I have done better last year?
- What didn't go well last year? What did I learn from that?
- When did I feel most exhausted / drained last year? What can I do differently this year?

### Vision

- What does looking after myself look like this year?
- What do I want to do differently this year?
- If I wasn't afraid I would...
- What do I want to be more confident about this year?
- What is 1 thing I wish I did in 2019? How can I make it happen in 2020?

