New Year’s Journaling Prompts

1. How do you feel 2017 was for you?

2. What are 3 things you could do differently to make this year better?

3. What are your New Years’ resolutions for this year?

4. What is your favorite New Years’ memory?

5. Do you have any business goals for this year?

6. What are some actionable steps you can take for these business goals?

7. In what ways can you be healthier this year?

8. Record your diet for one week to see where you can improve it.

9. Start a fitness log with new workouts added periodically.

10. Record your weight and inches to keep track of them.

11. Describe how you can give back more this year.

12. Write down 5 names of friends or family members you want to spend more time with this year.

13. Write down your ideal day and see how you can make it happen.

14. Are you happy with your current job? If not, write down your dream job.

15. How did your resolutions go last year?

16. What can you do to make the resolutions more successful this year?

17. What are 10 fun activities you can try out this year?

18. List 3 of your favorite memories from the past year.

19. Imagine you are on a dream trip – describe it in detail.

20. Write down how you can be more organized this year.