



# JANUARY

## JOURNAL PROMPTS



1. What are you most looking forward to?
2. Three goals for this month
3. Describe your day in ten words
4. Something that you're looking forward to
5. A time you don't want to forget
6. A trip you want to take this year
7. Your top three priorities
8. A list of the places you have visited
9. Do your actions match your words?
10. One thing you learned about yourself last year
11. A challenge you have overcome
12. A need you can meet
13. A place you have been recently
14. Someone who made you proud
15. A good idea
16. What are your personal gifts?
17. A quote that inspires you
18. A mistake that helped you to grow
19. When you feel most rested
20. Words you want to share with others
21. Music that makes you feel adventurous
22. Three words that describe your style
23. The last fiction book you read
24. A project you've been putting off
25. The thing that frightens you
26. A person you would like to meet
27. A change to make
28. Thoughts about today's events
29. One thing you will always do
30. Something new to try
31. Your favorite part of the past month

