

End-of-Year Journal Prompts



1. What am I proud of myself for getting through this year?



2. What did this year teach me about myself?



3. What do I want to leave behind before the new year begins?



4. Which small moment from this year deserves to be remembered?



5. What became clearer to me this year?



6. What do I want to give more attention to next year?



7. What is one intention I want to carry into January?

