

# New Year

## 30 NEW YEAR JOURNAL PROMPTS

NAME \_\_\_\_\_ DATE \_\_\_\_\_

1 What is one small moment from last year that still makes you smile when you think of it?

2 Name three things you did for the first time this past year.

3 What song, meal or place will always remind you of the year that just ended?

4 Who made you laugh the hardest last year, and what were you laughing about?

5 What did you read, watch or listen to last year that stayed with you?

6 If you had to sum up last year in a single sentence, what would it say?

7 What is one thing you are glad to leave behind in the old year?

8 What is one habit you picked up last year that you want to keep?

9 What are you most looking forward to in the first month of this year?

10 What is one simple pleasure you want more of this year?

11 What is one thing you could do in the first week of the year that your future self will thank you for?

12 What would you like to do on the first quiet weekend of the new year?

- 13 Which three words would you hope to use a year from now when you describe how this year went?
- 14 What surprised you about yourself in the past year?
- 15 What was the hardest decision you made last year, and how do you feel about it now?
- 16 Which relationship grew stronger last year, and what helped it grow?
- 17 Look back through your calendar or photos from last year. What patterns do you notice in how you spent your time?
- 18 What did last year teach you about what you need in order to feel rested?
- 19 What is one thing you learned the hard way last year that you would want to remember the next time a similar moment comes?
- 20 What is one goal from last year that you let go of, and what did letting it go give you?
- 21 What would you like to do less of this year, and what might you do instead?
- 22 Instead of a resolution, write an intention that begins with 'This year I want to feel...'  
What would help you feel that way?
- 23 Choose a word for the year. Why does this word fit where you are right now?
- 24 What is one skill or interest you would like to explore this year, and what would a first small step look like?

- 25 Who would you like to spend more time with this year, and how might you make room for them?
- 26 How do you want your home or everyday surroundings to feel this year, and what is one change that would help?
- 27 What is one thing you want to get better at before the school year ends, and who could help you with it?
- 28 What was one of your favorite moments together last year, and what would you like to try together this year?
- 29 If last year were a chapter in your life story, what would you title it, and what happened in it?
- 30 Write about a moment last year when things did not go the way you hoped. What did it ask of you, and what do you carry from it now?