

# January

# JOURNAL PROMPTS

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01. Write about your goals/wishes/hopes/prayers for the new year.
02. What is your goal for this month?
03. What is one thing you will do for yourself this month?
04. What can you do to be physically active this month?
05. What is one thing you will do for someone else this month?
06. Write a letter to a friend.
07. Make a list of your five most visited websites.
08. How are you feeling this week?
09. What can you do to make this year your best year?
10. What is your goal for journaling?
11. Write what you need to tell yourself today.
12. What were your hobbies as a child?
13. Write about your guilty pleasures.
14. Write a letter to your teenage self.
15. Make a list 10 things you are thankful for.
16. Make a list of your favorite bands.
17. Write about the funniest thing that happened to you this week.
18. What would you like to do to make this world a better place?
19. Describe your favorite purchase that you didn't need - an indulgence.
20. What is one thing you need to start doing?
21. Write about a time you felt at peace.
22. Write a letter to your favorite musician.
23. What is something you can change in your routine to make life better?
24. How are you feeling today?
25. Where would you like to vacation outside the U.S.?
26. Make a list of textures you like.
27. What is something you are naturally good at?
28. What is your favorite season? Why?
29. What is on your wish list?
30. Write a letter to your current self.
31. What is something you learned about yourself this month?