



# JANUARY JOURNAL PROMPTS

- What energy are you bringing to the next year?
- How would you describe the last year?
- What is a mantra you can live by this month?
- Write down three affirmations that feel relevant to your life right now.
- How can you freshen up your living space? Is there any energy you can clear?
- What is your body telling you lately? How are you listening and answering your body's messages?
- Who is important in your life right now?
- What is something you've read recently that you loved?
- How can you remind yourself to be present, right this second? How can you take that with you into your busiest and most stressful days?
- What do you really want to do?
- How do you express love to others?
- What does abundance mean to you?
- How are you feeling right now? How would that look if it were a color?
- Write down three things you're grateful for today.
- What is something you've always wanted to do? Is there a reason you haven't done it yet?
- Compare this January to last January. What has changed? What has stayed the same?
- What is something positive you've seen in the media lately?
- When you disagree with someone and feel tested, how can you step back and find your commonality?



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- How have you nurtured your spirit this month?
- Does this time of year bring up any emotions you need to work through?
- How can you accept all of your feelings and emotions with gratitude and love?
- Compare this January to last January. You can compare what you did to what you're doing, how you felt to how you're feeling, or any aspect of the months that feel similar or dissimilar.
- What way have you experienced spirit lately? If you don't want to use the word spirit, you can use it interchangeable with love, peace, or understanding.
- When is the last time you took time off from social media? How did it feel? When are you planning on taking another social media break?
- What is something you want to change?
- Take three deep breaths in and out. Once your breath settles, let the words flow.
- What happened today?
- How do you connect with your highest self?
- Describe in detail a dream you recently had.
- How did January feel?





# JANUARY AFFIRMATIONS

**I  
am  
love.**

**I  
am  
capable.**

**I live in  
abundance  
& gratitude.**

**I  
am  
present.**

Here's how I will apply these affirmations to my life:

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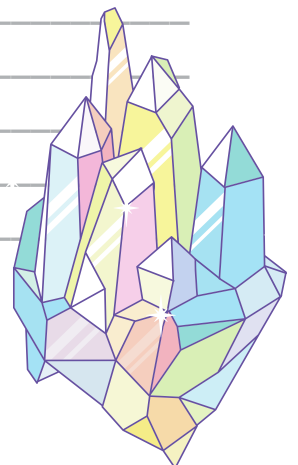
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Create your own affirmations here:

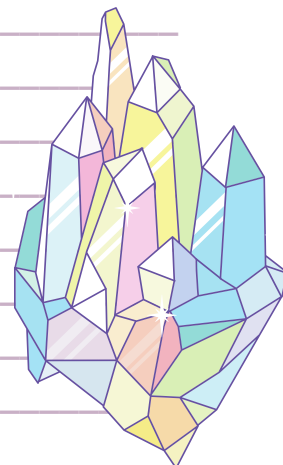
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# JANUARY JOURNALING

## Prompt:





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