



# NEW YEAR JOURNAL PROMPTS



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MINDFUL PATH COUNSELLING

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## New Year's Reflection Journal Prompts

As you reflect on the past year and look toward the year ahead, journaling can be a powerful tool to help you connect with your thoughts and feelings. Below are some questions to guide your reflection.

Feel free to take your time with each one and write as much or as little as you like. These prompts are designed to help you process, learn, and move forward with intention.

1. What were some of the most meaningful moments of the past year? How did they bring you joy or a sense of purpose?
2. Reflecting on the challenges you faced last year, what lessons did you learn that you're grateful for?
3. How did you show kindness to others last year? What moments stand out to you?
4. What personal qualities or strengths did you nurture or discover within yourself last year?
5. Looking back, what are you most grateful for from the past year, both big and small?
6. What would you like to leave behind from last year that no longer serves you, and how can you approach this with kindness to yourself?
7. What is one thing you'd like to focus on this year to include more gratitude in your daily life?
8. How can you support yourself in showing more kindness to yourself and others this year?
9. What are some simple ways you can celebrate small wins and moments of progress throughout the year?
10. How can you be more present and mindful in your everyday interactions, bringing kindness and gratitude to the forefront?

As you reflect on the past year, take a moment to think about how you want to approach the new year with intention, kindness, and gratitude.

Write a short personal reflection on how you'd like to focus your energy and what small, meaningful steps you can take to stay aligned with your values.